

THE  
WATER-CURE JOURNAL  
A  
GUIDE TO HEALTH;

DEVOTED TO  
Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT:

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

VOLS. XXXI.



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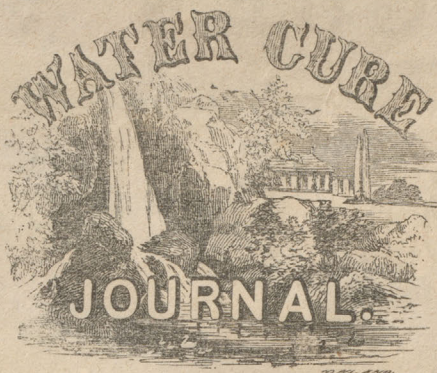
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We labor for the Physical Regeneration of the Race, well knowing that only through this can we successfully promote the Intellectual and Moral Elevation of our fellow-men. Health of Body and Health of Mind and Heart are so intimately connected, while we abide in the flesh, that, while the former is wanting, we despair of the latter. It is the appointed and glorious mission of the

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## ENLARGED AND IMPROVED.

THE present number closes the Thirty-first Volume of THE WATER-CURE JOURNAL, and with this number the subscriptions of many of our friends expire. We take the occasion to remind them of our uniform practice to discontinue all subscriptions at their expiration, and to suggest that they should send in their renewals at once.

With the July number the JOURNAL will be enlarged, and will hereafter contain twenty-four pages a month, instead of sixteen. This will give us an opportunity of presenting much miscellaneous reading matter of an interesting and instructive nature, suited for the family circle, without abridging the amount of matter more directly appertaining to the Health Reform. We have made such arrangements as will, we think, warrant us in promising our friends that the next shall be very best volume of THE WATER-CURE JOURNAL ever issued.

It will be evident to all that enlarging the JOURNAL will involve a heavy outlay on our part, which, as we do not increase the price, will require a large addition of subscribers to keep us from loss, and as we believe we are giving the money's worth, we feel no delicacy in requesting our friends to help us along by a word to their neighbors as an inducement to subscribe. There is in almost every post-office district somebody who has been benefited by the teachings of the JOURNAL. Should not such such be willing to take occasion to relate their experience and endeavor to form a club?

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## A New Volume.

THE present number concludes another volume of the WATER-CURE JOURNAL. The THIRTY-SECOND VOLUME will commence with the July number. For the first time in the history of the great *Health-Reform Movement* we are obliged to write a valedictory amid the din of preparation for Battle's magnificently stern array.

For several weeks the city of New York has been a scene of war. The streets continually resound with the tramp of armed legions, rising up like magic in our midst, and concentrating from a hundred distant recruiting stations, all actively preparing for the dread realities of

The pride, and pomp, and circumstance of war, while the rolling drum in all directions, and the booming cannon on the adjacent waters, are calling for still other legions of troops, and announcing the departure of vessels heavily freighted with men and munitions for deadly strife. Surely

Brother should not war with brother.

But the ways of Providence are not always plain to mortal ken. The mad passions and misguided counsels of men have prevailed, for the moment, and civil and fratricidal war is upon us.

Soft peace spreads her wings and flies weeping away

Glorious, or inglorious, as the strife may be, it must come—it has come. But it may soon be gone. There is no lack of zeal, bravery, and devotion on either side. God defend the right!

War among men seems to be what disease is in the organic domain—remedial effort; a purifying process. War is sometimes a necessity of social, as disease is of

individual, conditions. The result of war, like the termination of disease, may be successful or unsuccessful for one or the other party. It may be fortunate or unfortunate for the nation, for society, or for mankind. But it is no less a remedial struggle. It contemplates the extermination of some real or imaginary evil, and the renovation of the body politic. And in view of the universally acknowledged selfishness, demagoguism, and corruptions of so many though it be fierce and bloody beyond precedent, may be a blessing in disguise. It may be the only possible method by which an attained political atmosphere can be cleansed, our institutions regenerated, and our people brought to a realizing sense of the unexampled privileges and prosperity they have so long enjoyed. We may be obliged to deplore the destruction of property, the loss of life, the riven hearts, the desolated homes, the ravaged fields, and the ruined cities; but we shall not cease to hope that a greater good will succeed the present evil, terrible as it may be. The issues which have distracted the country, divided the parties, and alienated the people of different sections of

The land of the free and the home of the brave,

will now, doubtless, be adjusted and settled permanently and forever; and if so, the war will be worth all it can cost of blood and treasure.

But this unparalleled excitement in all parts of our land should not retard the circulation of the WATER-CURE JOURNAL. We shall make extra exertions to improve its character and extend its subscription lists. Our weekly paper—LIFE ILLUSTRATED—has been merged in part into this



journal, which will enlarge it from sixteen to twenty-four pages, and enable us hereafter to fill its columns with a greater amount and variety of reading matter. We ask, therefore, the earnest co-operation of our friends to sustain us through these troublous times, not doubting that, in a little time, peace and prosperity will again prevail in all parts of "the most glorious country that the sun ever shone upon."

### ASTONISHED.

BY M. AUGUSTA FAIRCHILD, M.D.

DEAR DR. TRALL—"You will often be astonished at the happy results of your practice." So said to me one day Miss Susan E. Hall, M.D., who graduated at our school the preceding term.

My friend and I were talking over our experiences and anticipations in the practice of hygienic medication, when she made the remark above quoted.

At the time I was not impressed with the idea that she had said anything remarkable at all, neither did I then think that I should ever recall her words, and delight to dwell upon them, as containing the expression of my own experience; but many times since they have stood out before my eyes like letters of gold.

Now there are those of our school who think that a little drugging, if not positively good, is, at least, more politic: "You must come down to the people, and starve yourself."

I can not see it so. Some one must be willing to labor in the cause of bringing the people up to such a standard that their demands are not such as bring death in the answer, but life, life.

Then, if we are true to the principles inculcated in the teachings of our College, we will not "come down," but we will labor hard, "all alone in the desert," if need be, to bring the people up to a higher standard, where they may have the true conceptions of what natural, pure life is.

Can or will the poisoning of their bodies do this? "We are not such fools as to think it will," says one, "but then it will bring us more popularity and more money; in a word, we will have better success."

I doubt it. Notwithstanding there prevails an almost idolatrous regard for the practice of the drug-physicians, there is also much light shining in among the people. They see it. They ask that more light may be given. It will be given. God rules, and error, wherever found, must flee before plain, simple truth. This holds good in the medical profession. Only that which is founded in Nature can live.

Now, who will be the harbingers of this "sun of righteousness" to the people? Who will labor in the glorious cause of redeeming the bodies of men from the most abject condition to be imagined, and placing them in such right relations that they may no longer be degraded and despised, but may rejoice in the true appellation, "fit temples for the Holy Ghost?"

The Hygienic physician will labor in this cause, even if starvation stares him in the face. But he

need not fear. He will not starve, if true to principle.

I believe that the "hungry and lean" ones will be found among those who rather "halt between two opinions," who give a little drugs, if not for "the stomach's sake," for popularity's sake. But the principle thus sacrificed is dearer than the popularity bought. Praise is not lastingly awarded to him who would buy her at such a price. When I left College, it was my determination to teach and practice hygienic truth, let the results be what they would. I have done so thus far, and the words of my friend nicely express the issue. Such is the beauty, the adaptiveness of our hygienic practice to the urgent needs of the people, that if we are true, hopeful, patient workers, we will undoubtedly triumph over obstacles which cause other physicians to stumble and fall. In my case-book are recorded a number of the most interesting evidences of this truth. Last week I was sent for to visit a patient in Ohio, and on my way I called to see a young lady who came to me last summer, a doctor-forsaken consumptive. They had given her up to the traitor, disease, and fled. Pity they had not gone sooner. But enough of life was left to kindle into a great living fire, which, fed by Nature's own "fuel," fanned by the breezes of heaven, now burns continually and well at the altar of health. When she came to me I felt reluctant to take her case. She had during her whole life been treated by Allopaths, when at all sick; but having a good constitution by inheritance, she had been considered quite healthy until within the past three years. During that period she was continually under the doctor's hand. A pill was taken to "move the bowels" almost daily; nitrate of silver applied to the throat; blisters across the chest and on the side; counter-irritants applied to the skin to make it sore; in fact, everything that "his satanic majesty" could have induced the disciples of the "divine healing (?) art" to do, in the shape of drug-poisoning, had been done, and they left her for dead, or as good as dead. They declared the medicines would no longer affect her, and she must die.

Now, this young lady, eighteen years of age, the only child of wealthy parents, who would willingly have sacrificed thousands and thousands could they be assured that she would yet live, this, their most precious earthly treasure, was to be intrusted to my care.

They were not only reluctant, but were for a long time strongly opposed, to her trying the "Water-Cure"—cold Water-Cure—and yielded finally, "just to please" their daughter; they knew it would not benefit her, the doctor said it wouldn't. I resolved to do everything possible to bring her under true hygienic influences. I began with her dress. I placed her before a table where only the best of food could tempt her to eat. I enjoined it upon her to exercise. I gave her such hydropathic treatment as her symptoms indicated. I watched her pulse very closely for the first two or three weeks. It ranged from eighty to ninety-five and a hundred. In four weeks it was down to the normal standard. The hectic fever abated. The "chills," which had so troubled her, fled. The cold blue hands and the clammy bloodless feet became warm, and the blood circulated freely to the fingers' and toes' ends. The cough was relieved. The soreness in the throat was gone. In twelve weeks she went back to her home in M—, Ohio, a healthy, blooming girl, and her friends could scarcely realize the change. And she said she could not.

Now, I pronounced this a case of consumption. There was cough, expectoration, hectic fever, frequent pulse, chilled extremities, night-sweats, and bloodless, torpid skin. Eminent physicians of the Allopathic school had pronounced her hopeless. She was "cured," not by drugs, but by natural remedial agents—air, light, diet, exercise, water, electricity, and such mental influences as would conduce to the restoration and maintenance of health. She is a noble girl—a true worker for the cause of health-reform; and though she lives in an allopathic atmosphere, she does not breathe it now. She can even afford to be called odd, crazy, fanatical, but she can not afford to part with health, which the goddess Hygieia gave her, and continues to give her so long as she lives a life of obedience to physiological laws. Yes, I was "astonished;" but not half so much astonished as her friends were. I had more faith in Nature than they had; but this work of hers exceeded even my "enthusiastic belief" in her power to overcome morbid conditions in the system, when she is permitted to do so. And this is by no means a solitary case; hundreds and thousands are recorded where hygienic medication has triumphed over drug poisoning.

Here and there throughout our whole land are physicians who are sadly troubling "the people" concerning the miserable practice of creating diseases under a pretense to cure, and "the people" begin to wake up and inquire for a better way. These physicians show them by their practice which is the better way. This winter, I had at one time five cases of diphtheria. So many had died under the treatment of the drugopaths that it was thought best to give the "female woman doctor" a trial.

I adhered strictly to the rules of Hygiene, applying cold to the congested parts, warmth to the extremities; attended to the ventilation of the sick-rooms; the temperature; the diet, giving none at all until inflammation subsided; then left the patient to the action of Nature. I enjoined it upon the friends to see that it was followed, and the result was—"astonishing." everybody was "astonished;" and I was "astonished," to think that, in this nineteenth century, when we hear nothing so much talked of as the wonderful progressive proclivities of the human mind, we—no, people generally—should so "wrap the mantle of ignorance" about them, and "sit down to sip" at deadly poisons, that when Nature is permitted to do her work in her own way, it is thought astonishing. In a great many other instances I have been "astonished" at the happy results of my practice. I have not traveled a smoothly-paved road in this part of the country—it is "up the hill;" but I have so far ascended it that I can now look over quite a large field of practice, and it is increasing daily. I frequently give public lectures to the people on health-subjects, and they are not without effect.

I have been told that there is not more than half the coffee, saleratus, pork, etc., used by those who have heard my lectures that there was before I gave them.

This portion of the country has always been one of the great strongholds of Allopathy and quackery generally. I do not know that even the mention of Hygiene has been made previous to last fall; but it is a great white field all ready for industrious workers. To be sure, the ground must be "broken up," and the singing of a song will not do it. I have met with opposition and ridicule; but that only shows me that the people are not quite dead, and I go to work all the more earnestly to prove to them the great truths of hygienic medication and living; and there is a very bright side to the future. Warm-hearted Christian friends—those who constitute the most intelligent and elevated portion of this community—cheer me by their patronage and co labors.

I have much, very much, more to say, but find that I have written full enough for the present. I have under my care now some exceedingly interesting cases. I wonder if my friends would like to hear of them at another time. I hope that no



graduate of our College will ever be so untrue to himself and to his God as to sit down with folded hands and say, "There's nothing to do;" "hard times;" "people will not be convinced;" "it's no use trying;" "Water-Cure don't pay," etc. I think the one who does so must be a *dyspeptic*. Rouse up; there's plenty to do. Easy times, if you please to make them so. People are not *entirely* bereft of reason. There is use in trying. Hygiene *does* pay. Now let us see how much we can "astonish the natives" and ourselves in doing good, promulgating truth, *living* righteously, and "Our Father" will surely bless us.

P.S.—I send this for the WATER-CURE JOURNAL, because I want to contribute my "mite" to the spread of our glorious reform. Whether acceptable or not, it is surely offered in the right spirit. I am busy, *busy, busy*. For Heaven's sake, do not let the College fail! I intend to send you several students for the next Winter Term. Do not let our noble institution go down. The Allopaths have fought me terribly. I am getting the "cream" of their practice.

MILTON, IND.

### THINGS WHICH I HAVE SEEN IN A WATER-CURE.—No. 6.

BY H. H. HOPE.

#### THE LAME WOMAN.

ELEVEN years ago, Water-Cure in the United States was much less understood and less practiced than at present. It is poorly enough understood now, but then, very few persons had any idea of its processes, or of the results, for good or ill, capable of being produced by its applications. My friend Dr. Blank was a younger man then than at present, his head was not bald on the top, nor was his hair gray, but he was a man vigorous and capable of studying principles assiduously and profoundly; and though a new practitioner in Water-Cure, he grappled with the diseases of the human body which came under his care with a zest and enthusiasm not inferior to those with which he embraced the principles of Hygienic philosophy. I had known Dr. Blank in other occupations; I had learned that his Institution was large, and that he was capable of investigating thoroughly any subject with which he occupied his mind, and so I had a sort of a *a priori* faith in anything to which he might give his assent or his labor. I am not writing romances; I am trying to give the readers of the WATER-CURE JOURNAL some insight into Nature's great distributive and disposable forces, which she so generously places at man's command; for I do think that if the ideas of the Hygienic-Therapeutic school could once be put into general circulation, the conditions of health of the people of America would be vastly improved. So, with the exception of keeping back names, dates, and places where the transaction which I relate occurred, the readers of this JOURNAL may accept them, without limitation or qualification, as *true histories*.

I had called upon my friend to make him a little visit, and I confess, for the reason stated above, to wit—my great confidence in the actual truth, though I might not see it, of any system which he might advocate, or any work he might undertake; but, along with mere desire to see him, I had also the desire to investigate for myself his system of medical treatment. After being served to a Hydropathic dinner (which at that time was a queer conglomeration of articles of food—all new

to me, and some of which I had no great fancy for), I took my seat upon the piazza of his house, and with my newspaper in my hand traveled off into the regions of politics. While quite absorbed, the sound of a horn fell upon my ear. I looked up to see, a little in the distance, a stage-coach coming. It drove up to the door, and my friend (who was always on the alert at the time of the stage's arrivals) opened it, and immediately began to show such motions as to indicate that some one was inside needing assistance. In a moment I saw him step back upon the piazza with a lady in his arms, and immediately after taking her out, there came out a man with a pair of crutches in his hand, and my friend, setting the lady down, she took her crutches, and by their assistance walked into the sitting-room. Here, then, was a case of a crippled woman seeking, not the advice of a surgeon, but of a Water-Cure physician. Now, all my life I have been curious, but my curiosity has chiefly confined itself to an understanding of *causes* rather than of effects, inasmuch as my order of mental operation is to lead me that way. I, however, waited for my friend to speak. The next day, in the afternoon, as we were walking out, he said to me, "You saw that woman whom I lifted out of the stage yesterday?"

"Yes," I replied; "what is the matter with her?"

"Hip disease," said he.

"Well," I rejoined, "you have no idea how you can cure hip disease, have you?"

"Yes I have; if it is curable by *any* means, I can cure it, though I have not quite satisfied myself as to whether *this* case is curable. One does not like to make up his mind conclusively upon too slight data."

"I see that," said I; "were I a physician, I should be pretty careful in my diagnosis and in my prognostications. I can readily conceive that one may take up a favorable or an unfavorable impression in respect to a case, which impression can hardly be dignified by the name of an *opinion*, it being more of impulse than of deliberate and comprehensive understanding."

"I am glad to hear you say so," he said, "for that is the course I have marked out for myself, and I mean in my practice to insist, that where cases are at all of *doubtful* aspect, the persons seeking my advice and my aid shall, as a prerequisite to my giving it, stay with me sufficiently long to enable me, from personal insight to their habits, manners, and methods of living, powers of endurance, extent of resources, and conscious self-possession, to decide with almost entire certainty as to the probabilities of their being cured by me."

I could not help congratulating my friend upon his good sense, and telling him that if he would but be the *master* of his own position, instead of allowing his patients to occupy this ground, though it might take time to grow to a large reputation, he would come to it, and would be on a firm foundation when he had *won* it.

The history of the case is as follows: This lady was scrofulous, having inherited it; was a delicate, feeble woman, of poor parentage, and was compelled to live, during her childhood, in the absence of those comforts which are so needful to the health of scrofulous children. At an early age she began to show skin eruptions; a little further along, glandular enlargements; and by the time she was fourteen, abscesses under the ears and chin, which were healed up after the most *scientific* method, by the application of iodine ointments and some tincture, and some mineral or metallic preparations taken internally. When about eighteen she was married, and after a year's life in that relation, her general health began to

fail, daily febrile conditions showed themselves, and along in the autumn of that year, tenderness of the right hip, upon external pressure, was manifest, soon followed by what the physicians called inflammation of the right hip-joint, and fairly established hip disease. A stray WATER-CURE JOURNAL fell into the hands of some friend of hers, who had the good sense to place it in *her* hands, and the result of reading it was, that she came to take the advice of my friend Dr. Blank, and, if he thought he could cure her, to become his patient. She had no use of her right leg, and had gone on crutches for some time, and though there had not any abscess shown itself at or about the parts, there was such involvement of the joints, and the structures immediately around it, as to cause constant pain, accompanied by a hectic fever, night-sweats, and impaired nutrition.

Years passed before the case was brought to my recollection, and then my friend gave me the following history of it: The lady stayed with him some twelve months, during which time very great and critical changes in her whole system were manifested, and, as the upshot of the whole treatment, an abscess formed upon the inside of the thigh below the groin. It was opened, but gradually healed, and the leg put on a healthy tone; the shriveled muscle came back to fullness, and she threw away her crutches and walked as well as before; though for a year or two after she left the Cure, with the slightest possible limp. But the beauty of the thing was the reception of a letter, but a few months ago, by my friend the Doctor, from this woman, telling him that since she had left him she had not had a sick day; that her lame limb, for all practicable uses, was as good as the other; that she was the mother of four healthy children; and that life to her was as sweet and as pleasant as she could wish it. So much, then, for the treatment of hip disease without medicines.

### A FEW WORDS TO READERS.

BY A READER.

[The following letter has in it the ring of the true metal. We commend it and its teachings to every reader of the JOURNAL.—Eds.]

DEAR FRIENDS—I have been one of your number for ten or twelve years; I feel that I could give each of you a hearty shake of the hand. It is fair to presume that we all have, in a good degree, the same hopes and fears in regard to the Health Reform. Do I not speak your sentiments when I say that it is your most ardent hope that it may succeed? its failure is your worst fear. Now, my friends, allow me, your humble co-worker, with all freedom, to say to you, that its success or failure depends much, ay, mainly, on us. I do not underrate the influence of our journalists, lecturers, and physicians. As leaders in the hosts of Reform, they have important duties; and heavy responsibilities rest upon them. But in this post, as well as all others, the main reliance, after all, is on the rank and file. Their duties and ours, though somewhat different, are closely connected—neither can ignore the other; in fact, if we would succeed, it is indispensable that both they and we do our duties. How has it been with us thus far? As to our physicians, those of them who have been true to the principles of Health Reform—we do not claim Hydro-drug-gists—we believe they are doing well; they are working out results, they are demonstrating by thousands of facts that there is truth in Hygiene, that there is virtue there—in short, that the Water-Cure system is able to stand alone, and that, as a system of medicine, it surpasses all others.



What shall we say of our speakers and writers? our editors and authors? At every step they have met with opposition, misrepresentation, persecution. They have "faced the music"—stood the fire—like men. They have explained and illustrated, have disseminated widely a knowledge of the way to live; they have discussed and defended it; they have rolled back the tide of opposition—have thrown down the gauntlet to the world. Thus far they have not been met, but should they be, we have no fears for the result. Whatever others may think among us, we feel pretty sure there can be but one opinion, and that is—they have done their duty.

But how has it been with us readers? how have we discharged our duties? Ah! my friends, I am afraid to press the inquiry. Often have I been saddened at the want of faith, lack of enthusiasm, want of earnestness, and, shall I say it? "lack of knowledge," manifested by many of us. We are too lukewarm, too faint-hearted, too half-way entirely. We fail in a great many of our duties. And there are some of these duties which it is extremely difficult for our journalists to insist upon as much as their importance demands; for instance, the circulation of our Journals, W. C. and Laws of Life, and the sale of our (Water-Cure) books. Now the publishers have a direct and pecuniary interest in the circulation of these publications; and for this reason it is a very delicate and difficult thing for them to give this matter the prominence that really belongs to it; for it is the great means of arousing and enlightening the popular mind. Now we have no interest in the matter, and that fact gives us a great advantage. Let us then be up and doing—let us increase, yes, double the circulation of these publications, every year—we can easily do it—all that is necessary is that we all try—every one work.

But pick your men, I repeat, pick your men. We don't want old fogies, nor drones, nor drivelers—nor that man who, Ephraim-like, "is joined to us by the hand of friendship, but his heart is as good as anybody's; but it is a difference to us. We want young, active, earnest, intelligent, progressive men and women—"chosen men," who will live out the principles of our system, and become working members in our ranks. Let us all do this, and the consciousness of doing good will be our "reward," and the victory will soon be ours.

### A DIALOGUE.

BY HARRIET N. AUSTIN, M.D.

SCENE 3.—*Mrs. Spencer and Mrs. Ferne in conversation in the family-room of the former.*

*Mrs. F.* This room would be beautiful, fitted up as a parlor; and how nice it would be to receive your friends in!

*Mrs. S.* It is very pleasant to me now; and I try always to keep it so neat and orderly that it shall not be unpleasant to any friends who may call on me.

*Mrs. F.* Oh, I know it is always cosy and comfortable; but, using it so common as you do, of course you can not furnish it so nicely as you could if it were kept as a parlor.

*Mrs. S.* Why, do you not think those pictures beautiful? and these vases, too? And then these book-cases, with their contents, I am sure, are the best of furniture.

*Mrs. F.* All well—adapted to a common sitting-room, it is true. But you have not a parlor in your house. Now, will you not confess to me that you like handsome carpets and chairs, sofas and wall-paper, such as would be ruined in a month in a room constantly occupied by a family of children, as this room is.

*Mrs. S.* Oh, I am willing enough to own that, I assure you. I do admire such things—and know how to enjoy them, too. I go over to Mrs. Mrs. often, simply for the pleasure of looking at the splendid colors and graceful figures in her new velvet tapestry carpet. But I have not a room in the house that I can appropriate to such a purpose.

*Mrs. F.* Why, you might take this room. You could get along well enough by using the little back kitchen for a sitting-room. Or, what would be better, take your extravagantly large bedroom for a parlor.

*Mrs. S.* Oh, no indeed! Why, this is the pleasantest and cheerfulest room in the house, and to shut it up and only enter it with company once or twice a week, while whatever time my husband, my children, and myself should be together, should be spent in that little north room, where the sun only looks in for a few moments morning and evening, would be ruinously extravagant. And as to my bedroom, I suppose you would have me sleep somewhere.

*Mrs. F.* Yes—take the chamber occupied by the children, and which is nearly as large and pleasant as your own.

*Mrs. S.* I might do that if it were not needful that they should sleep also.

*Mrs. F.* But I insist that the back chamber is good enough for a sleeping-room for them or for you. It is twice as large as my bedroom. Yet I can afford to have a parlor.

*Mrs. S.* I could not live as you do. A certain kind of hardships and deprivations I can bear courageously. But I have my "necessaries of life" as well as you, though they are very different. Pure air and sunshine I do not reckon as "comforts," even; they are daily necessities.

*Mrs. F.* But what does it matter where you sleep? You are only in your room during your hours of unconsciousness, or at least of darkness. Sunshine can be of no use to you then, and as to window.

*Mrs. S.* I doubt it, particularly where the walls are low, as in my back chamber. At all events I could not without an uncomfortable draft at times. And sunshine is as great a purifier as air. Most housekeepers care only for uncleanliness when it can be seen. I dislike it in any form, but if I must have it about me, I prefer that it should be visible, and then I know what I have to deal with. Every room in which persons sleep accumulates imperceptible filth, not merely, but actual poison, which is only dispelled by sunshine.

*Mrs. F.* I do declare, I believe you are crazy on this subject of health! You sacrifice everything to it.

*Mrs. S.* Perhaps you are right. I have many times thought that either I am crazy, or that all my neighbors are so. However, I generally come to the conclusion that I am sane and they insane. At least I am not conscious of making sacrifices. I do not sacrifice my comfort or happiness, or that of my family. And I do not talk or think about health half as much as you do. I have not occasion to do so. I am always well, and my children are never sick. But I never meet you but you have to complain of your "miserable health," and the ailments of your children. And the same is the case with nearly every woman in this neighborhood. When I see all this, and know that it is the result of false habits and ideas of life, I must conclude that people are crazy. Of what use to Mrs. M. or her family is her beautiful carpet? I can enjoy it, for I am well; but she can enjoy nothing, she is "so delicate." Yet she is so choice of her parlor furniture that rather than injure or move it, she allowed her poor little Jennie, when she was sick and died, to lie six weeks in a little, dark, damp, desolate bedroom, where one ray of sunshine or cheerfulness never comes. Yet, maybe, I am crazy—I rather think I am, for I would rather my family should enjoy health and comfort, than to be able to keep the most luxurious parlor for the use of strangers.

### LETTERS FROM THE PEOPLE.

MESSRS. FOWLER AND WELLS—If there is any one object which is worth living for, it is that of aiding in the dissemination of the "Health Reform," which you are so nobly holding up before the people.

If we could behold all the agony and untold sufferings that are caused by a want of this knowledge, I think all Health Reformers would be stimulated to renewed efforts to advance the good cause.

How many thousands—aye, tens of thousands—of young persons are there in our land at this time, who are almost toothless from the effects of calomel and other mineral poisons, who, if they had been acquainted with the truths contained in the WATER-CURE JOURNAL, might have been saved all the suffering attendant upon the want of good teeth! I am myself a sufferer from this cause.

Let us all go to work with renewed energy to undermine and overthrow the greatest curse of this age—the drug system of medication. All that I can do in this direction will be done with a hearty good-will.

Truly yours, ALEXANDER KING.

AMERICUS, GEORGIA.

THE GOOD SEED TAKES ROOT.—A correspondent from Connecticut writes us as follows:

In the year 1820 my father, then at the age of forty-four, commenced using tobacco, prescribed by good Dr. G—for the "tooth evil," and continued up to the time of reading an article in the February number of the WATER-CURE JOURNAL, by H. H. Hope, under this heading, "The Redeemed Lad." He became a walking skeleton, had no appetite, was followed night and day by a pain in the side and a consumptive cough, had a nervous sleep, of course.

Five weeks have passed. He is now in better health than he has been for years; eats heartily, has no cough, sleeps well without opiates, and grows fleshy in his eighty-fifth year.

A noble-hearted young man, who has been a slave to the habit of reading, but was induced to note the change in my father, to forsake the filthy weed, and resolve never to taste it again.

C. S. C.—I took the JOURNAL for the years '54, '55, '56, and '57. I have not taken it since '57. I found I could not get along without it, so I must have it again. Please send me a few numbers for circulation among my friends. By doing so, I think I may get you a few subscribers.

[We are glad to inscribe your name once more on our list. The specimens will be sent, and we hope they will prove good seed sown on good ground.]

MORE TESTIMONY.—I took the WATER-CURE JOURNAL the first year of its publication, and much of the time since. We have a family of seven children, and have not used any medicine for twelve years. Our children are healthy and hardy, and rarely have a cold.

W. H., Vermont.

### PRESCRIPTION FOR SPRING FEVER.

TAKE the open air,  
The more you take the better;  
Follow Nature's laws  
To the very letter.

Let the doctors go  
To the Bay of Biscay;  
Let alone the gin,  
The brandy, and the whisky.

Freely exercise,  
Keep your spirits cheerful;  
Let no dread of sickness  
Make you ever fearful.

Eat the simplest food,  
Drink the pure, cold water,  
Then you will be well,  
Or at least you ought to.



[From the Irish Quarterly Review.]  
LIFE IN A TUB.

[CONTINUED FROM LAST NUMBER.]

How many lives have been sacrificed by the practice of bleeding in feverish and inflammatory cases, from the non-adoption of wet-sheet packing, which causes no loss of strength, and leaves behind none of the debility and consequent long convalescence, which bleeding and strong medicines necessarily occasion; it is to us indeed inexplicable how so insane a process as bleeding can still be resorted to in this 19th century, a process which deprives nature of her *vital* fluid, and lets flow the stream on which our *very existence* depends.\* How can this cutting of the strings of life be defended when an expedient for lowering inflammation without reducing the strength presents itself for adoption by the physician, one which by its action purifies the blood, reducing fever by the abstraction of heat and by the removal of the serum or watery constituent of the blood, which contains all its impurities. Will the public any longer place confidence in the physician, who, when invited to cure them, would weaken them by bleeding, and assist the operations of nature by depriving her of that vital stream on the existence of which her self-restoring properties depend? will they prefer a system which insures a long convalescence to the patient, to that in which he recovers from his disease without any sensible diminution of his strength or injury to his constitution? The operation is not only satisfactory in its results, that he who refuses to make use of it must lag behind, while success will attend the efforts of him who judiciously applies it in the cases to which it is suited.

The compress and hot stupe next demand our attention; both are usually applied to the stomach; the latter consisting of a vulcanized India-rubber bag filled with hot water which is laid over a towel, the under folds of which are moistened and placed next the body, a most efficient and convenient form of fomentation; these remedies are applied in the treatment of nearly all chronic diseases, where there is morbid action of the stomach, liver, or kidneys; this form of stupe, Dr. Wilson calls the "*ne plus ultra*" of poulticing, soothing and derivation, being by it most perfectly obtained, and in the greatest degree. Each operation has on deep seated chronic irritation, as one of its qualities, the advantageous effect of a mild blister or mustard plaster, without any of its drawbacks, and in acute inflammations, in all nervous or neuralgic pains, in the sufferings of colic, biliousness, or sickness of the stomach, or other digestive derangements from dietetic errors, and in the malaise ushering in fevers and inflammations, in sore throat, etc., or affections of the lungs and air tubes, it is then found to be the most agreeable and potent anodyne and equalizer of the circulation." It in effect accomplishes the most salutary operations of opiates, without any risk of con-

\* The late melancholy case of Mr. Stafford O'Brien is an instance of this injurious practice; that gentleman was copiously bled, doubtless that he might be the better enabled, in his so enfeebled condition, to resist the action of a powerful poison (opium) afterward administered with deadly effect.

gesting the liver, or producing that sickness and atony of the stomach, and all but paralysis of the lower bowels which result from the use of narcotic drugs. "No nervous irritations," says Dr. Wilson, "no visceral congestions, especially if of recent formation, but are soon relieved by this powerful *revulsive rubefacient* and *anodyne*. With the dissipation of those interior congestions comes the solution of pains and spasms, or flatulence which may have risen to a severe state of suffering, the release of bilious and nervous headaches, neuralgic pains, asthmatic fits, etc. These have all their origin near or remote in visceral obstructions, congestions, etc. In most cases where for a longer or shorter time any organic action has been embarrassed, sleep banished or disquieted, and the patient irritated and exhausted to the last degree; by aid of the fomentations, in a brief time organic calm takes the place of organic tumult, ease succeeds to agitation, and the whole apparatus feels to work normally and with renewed alacrity. What I have just described, you may frequently hear repeated and descanted upon in the same strain by my patients."

The effect of the hot stupe in the removal of irritation from the viscera, the immediate cause of dysentery, etc., is very remarkable, and from our knowledge of its effects we have often regretted that so simple and rational an expedient was not resorted to in the treatment of those diseases by which our noble army was more than decimated in the late Crimean campaign. On my conviction, that I would have been successful, Lord Rokeby, requesting him to offer my service through Mr. Sidney Herbert. I offered to go and remain there (at Scutari), entirely at my own expense, not as a 'water doctor,' but as an ordinary medical practitioner, willing to lend a hand, and make myself generally useful. I stated that I had almost lived in hospitals for seven years, had afterward witnessed the practice of nearly every great hospital in Europe, and could undertake simple operations, and any amputations with little preparation: had been twenty-five years in practice. After some weeks I received a polite letter thanking me, but feared it could not be done, not being quite the custom. About this time there was an outcry for medical men, those at the hospitals were too few for the work, they were worn out with fatigue." Further on he adds—"I have had a great many patients suffering under chronic diseases from climate, exposure, and want of care, etc., patients from India, Ceylon, and the Antipodes, with long continued diarrhea, dysentery, and intractable fever of an intermittent character. From the success of this simple treatment in those cases, I have not ceased to regret that I did not go to Scutari on my own account without permit or introduction. I might have introduced the practice gradually, being sure that it only required a trial to have been adopted by the medical staff with great satisfaction."

We join Dr. Wilson heartily in this regret as it would have led to the introduction of this remedy if proved efficient, and silenced its advocates if it proved a failure. Nowhere could the two systems have been more severely and satisfactorily tested, and we should all have benefited by the result; the relative merits of the two systems would have been decided, and the public no longer left to hang in doubt between them.

The sitz-bath and foot-bath next claim our attention, the former acting with marked effect in cases of congestion of the liver and other internal organs; by abstracting heat from the surface of the body submitted to its influence, a transference of fluid takes place from the center to the exterior, and the congested organs are relieved from their excess of blood by its being thus determined to the surface; this effect, at first temporary, becomes *permanent* when the use of the bath has been persevered in for some time. Let us now compare the effects of this bath, in the cases of congestion of the liver, with the treatment usually pursued by the orthodox physicians; their remedies consist in dosing with calomel or taraxacum, or in the application of leeches to the affected region; the two former stimulate the action of the liver, in spite of the congested blood which oppresses it, but they do not attempt to deal with the causes of this congestion, the result of which is that the liver being weakened by its unnatural exertions consequent on the unnatural stimulants which have been administered to it, sinks—after the effect of the unnatural stimulus has worn away—into a more enfeebled and exhausted state, and the original cause of the congestion remaining unremoved, matters become worse than at first; in the case of leeching, the topical bleeding relieves the affection *for a time*, but this is a remedy which can not be repeated in consequence of the weakness it engenders, and when the bleeding is given up, how do matters stand?—the disease remains in statu quo; not so, however, the constitution, for this has been weakened by the bleeding, and nature being consequently less able to cure herself, *chronic* disease of the liver results. On the other hand the hydropathic treatment necessary to determine the blood from the congested organ to the surface, and so remove the disease, can be repeated as often as *pari passu*, with the cure of his particular disease. The effects of the sitz-bath are, it appears, either tonic or relaxing according to the length of time during which it is administered; if a tonic effect is desired, a period varying from 10 to 15 minutes is prescribed—if a relaxing or derivative effect is to be produced, the period is extended to half an hour or 45 minutes.

As regards the use of the foot-bath, we may observe that the theory of its administration subverts all our preconceived ideas as to the proper mode of treating those affections for which it is usually prescribed; for instance the old mode of proceeding in affections of blood to the head, or in cases of cold feet, was to apply cold to the head and warmth to the feet in the shape of hot flannels, hot bricks, and stupes; now the modern mode of proceeding is the very reverse of this, viz., to bathe the head in tepid, and place the feet in cold water to about the depth of three inches, up to the ankles: friction of the feet should accompany their immersion, the whole being continued for about 10 minutes. Let any person suffering from cold feet try this remedy, and they will satisfy themselves of the truth of the practice which enjoins it; its rationale is as follows: The application of warm water to the head, of the same temperature as the body, does not increase the flow of blood to it, while the subsequent evaporation from the moist and warm surface of the head cools it gradually, and so diminishes the flow of blood to it, while the cold application to the feet has, "for a secondary result, the attraction and retention in those parts of great quantity of blood, and consequently of increased temperature there. In fact," continues Dr. Gully, "a cold foot-bath of 12 or 15 minutes, followed by a walk of half an hour, is the most certain way to warm the feet that can be devised; just as per contra, the most certain way to insure cold feet is to soak them in hot water. The same applies to the hands. When the patient is in a condition to take it, a walk is necessary to obtain the circulating reaction alluded to:" he adds, "the warmth



remains for several hours. Very frequently I have heard persons say that they have not known cold feet since they began to take cold foot-baths.\*

We would next make some observations on the different modes of treating that fatal and mysterious disease which has so long baffled the curative efforts of the most eminent physicians of their day, we mean pulmonary consumption, and it is gratifying to find that a great step toward a rational and successful mode of treatment, based on sound physiological principles, has lately obtained in the case of this disease, which mode of treatment we hope soon to see generally adopted by the medical profession.\* The unsuccessful treatment of this disease has hitherto cast a slur on medical science, and it is not to be wondered at, that little success should have attended on the old mode of treatment, since recent observation and matured experience have shown, on physiological principles, that no worse mode could have been devised for curing it, nor a surer one adopted for producing an aggravation of its symptoms. This new view of the matter is very ably set forth in Dr. Lane's work, which we heartily recommend to the perusal of our readers, as a sensible and modest statement of the benefits resulting from hydropathic treatment in cases of this description. Dr. Lane looks upon consumption as essentially a blood disease, in which opinion he is confirmed by the first physiologists of the day, and by those physicians who have had most experience in the treatment of that particular disease, Sir James Clarke, Professor Bennett, Dr. Balbirnie, and others. These physicians all agree in stating that indigestion or derangement of the stomach and digestive organs is a universal forerunner of pulmonary consumption, and without this derangement consumption can not exist; consequent on this diseased state of the digestive organs imperfect blood is assimilated, deficient in its oleaginous elements, and containing an undue amount of albumen. *It is the consequence of this deficiency of oleaginous elements, the blood is incapable of being converted into true cellular tissue to replace the effete material of the lungs, and the superabundant quantity of albumen has a tendency to exude upon the lungs on their exposure to cold in the form of tubercles, which process is unaccompanied by inflammatory action; these facts are based on long observations and direct chemical analyses of the substance composing the tubercles which consist of almost pure albumen, and on this theory the wonderful effects of cod liver oil in consumptive cases, and the great emaciation of body which results from the disease, are satisfactorily explained; in one case, the cod liver oil supplies, in a light and digestible form, the oleaginous element in which the blood is deficient; in the other the system has recourse to the fatty or adipose matter of the body to supply the oleaginous principle; but now the question arises, supposing that indigestion is the universal precursor of consumption, from what does this indigestion, and consequent imperfect assimilation of the blood proceed? this question Dr. Lane does not touch upon, but we believe that Dr. Barter, the well-known hydropathic physician of Blarney, considers that it arises from defective vitality† in the blood, caused by deficiency of oxygen in the system, more immediately proceeding from defective capacity of the lungs and imperfect action of the skin. The skin and lungs, it must be remembered, are supplementary organs; stop the action of either, and death inevitably ensues, and on their perfect or imperfect action, perfect or imperfect health depends. This view of the disease is illustrated by the history of the monkey; in its*

\* We do not pretend to assert that consumption is curable when organic disease of the lungs has actually been established, but we maintain that the disease is perfectly curable in its incipient stages, though not by drugs, nor banishment to a foreign clime. The latter may somewhat prolong the disease, but will not cure it unless by accident, when of a very mild form.

† The temperature and vitality of our bodies depend upon the continued and rapid combination of oxygen with the oxydizable products of the blood; if the necessary supply of oxygen be interfered with, the vitality of the system flags, and disease results.

wild state, the best authorities state, it never gets consumption, but domesticates the animal, so inducing bad action of the lungs from want of sufficient exercise and wholesome air, and imperfect action of the skin arising from the same cause, and it usually dies of this disease; these observations equally apply to all cases of scrofulous degeneration, which physicians estimate as carrying off prematurely one sixth of the whole human family.\* Of this terrible disease, the scourge of the human race, we may here observe, that consumption is merely a form of it, and that it is moreover hereditary, thus showing it to be a true blood disease.

[TO BE CONTINUED.]

### A TURKISH BATH.

SOME attempts have been made to introduce into St. Louis what is known "in the Orient" and in some portions of Europe, as the "Turkish bath." But these attempts have been indifferent copies of the original. Bathing is in season at all seasons, whether hot or cold; and bathing after the fashion of the Osmanlis ought to be always in season. For, as its effects have been rightly described, it is the laying down of half the troubles of existence; it is a regeneration into a new life—a thorough inspiration and reinvigoration. It brings ease to the body and calm to the spirit; it revives the weary; cheers the sorrowful; pours balm around the pain-racked limb; elates and comforts the heaviest heart; gives a man, in a word, a new lease of his life, with all its abundance of strength, all its sensuous pleasures, all its golden dreams.

A description of one of these baths as they have been naturalized across the water, is not without its interest to all men who want to be cleanly, and would essay the best means of driving off the blues:

When you enter you are requested to take off your boots, and are furnished with a pair of slippers—a precaution necessary to keep the matted floor of the saloon, or "cooling room" perfectly clean. You are conducted to a dressing room, where you divest yourself of your clothes, and an apron is handed to you, which you straightway gird about your loins; then a sheet, with which you drape yourself, and straightway you are conducted down stairs to the bath. Your conductors are, like yourself, dressed in an apron. They are stalwart fellows, and look as if they never had been dressed in their lives; for "they are naked and are not ashamed." These lead you into the bath, which is a somber chamber, lit with colored windows, and admitting what the French call *mi jour*; it is well ventilated, and the air is quite dry, but the temperature is 130 degrees of Fahrenheit. As you enter you lay aside the sheet, and when you have been seated some seconds, every part of your skin begins to cover itself with a profuse perspiration. At first, breathing is a little oppressed; but that wears off rapidly, and in a short time you respire with perfect freedom.

Presently you are aware that you are in a bath of your own making. In drops, in streams, in rivers, it runs over you; your hair is full of it; your face is bathed; your limbs are inundated. The seven millions of pores said to be in the human body are busily engaged in freeing themselves from the bonds of a long, unconscious imprisonment. In fact, you are in the most profuse

\* The very name of scrofula points to the origin of the disease, it being derived from the Latin *Scrofa*, a pig, in allusion to the condition of the skin in those persons in whom a scrofulous habit has been engendered. It has been proved beyond contradiction that the partial closure of the pores, which every one suffers from in some degree, is the chief source of scrofula in all its hideous forms.

profuse perspiration you ever experienced in your life. What was the ten-mile walk on the August day to this? What the gallop over the downs, or the spurt to Ilfley, or even the training walk under Heaven knows how many pea-jackets? All these made the shirt stick to your back; but this would soak a whole week's washing of shirts.

And so you sit quietly communing with yourself on these matters until one of the bath-men tells you that it is time to go into the hot room. The hot room! Why, you have been sitting for half an hour in a temperature of 130 degrees, and now you are to go into the hot room! Great is the power of human endurance; your body is now seasoned, and you walk into a room where the temperature is 170 degrees, without feeling in any way oppressed. And now the streams pour out afresh. All around is dry, but you are like Gideon's fleece. The heat is great, but you do not care for it. The seven millions of pores are now all free, and are rejoicing in their freedom. You thought yourself a cleanly person, because you have taken a sponge-bath every morning all your life and an occasional warm dip. Clean! why, you were filthy. So at least the bath-men prove to you presently, for they take you back to the former room; they extend you upon a slab; they knead your muscles and your flesh, and then they roll off you such a mass of dead skin from the epidermis, that, but for the evidence of your senses, you never could have believed had once belonged to you. However cleanly you may have fancied yourself to be, that is what the Turkish bath will take from you, not only on your first visit, but every week after. The sensation of relief which follows this disencumbrance is amazing.

But what follows is the crowning joy of all. The Tritons, having-shampooed you, lead you into a cool room; they anoint you with soap, and turn upon you a shower of cold water, following it up with a douche. Oh, the enjoyment, the delicious enjoyment of that sensation! There is no pleasure of the senses to compare with it. The reaction calls the blood back to the surface, and your new polished skin glows with health and vitality. You court the cool water and embrace it: you revel in it, and can not have too much of it; the Tritons have some difficulty in leading you forth, and, sheeted once more, you again ascend to the "cooling room," where, lying on a couch, you expose your body to the fresh and cooling air, giving it as much oxygen as you can in exchange for the carbon of which you have been purified. After this you quit Paradise; you resume your clothes, the consequences and memorials of our degradation, and you walk forth a regenerated man.

What a difference between yourself as you walked in and yourself as you walked out of this magic palace? You almost doubt whether you have not changed your limbs for those of some one else, leaving the weary old ones behind, and taking some of a superior construction, bran new, muscular, untiring. You could walk twenty miles without wearying those well-oiled joints. You could fly, if you had wings.—*St. Louis News.*

### BE HAPPY NOW.

BY WILLIAM W. STOCKWELL.

Be happy as you can to-day,  
And do not trouble borrow;  
For this is wisdom's plan alway,  
So banish care and sorrow.  
Remember, happiness to-day  
Will yield thee joy to-morrow.

Oh, be not sorrow-bowed to-day,  
Nor yield to sad repining;  
Keep light thy spirit proud alway,  
Though sun nor moon is shining.  
Remember, every frowning cloud  
May have a silver lining.

RAVENNA, OHIO, 1861.



shall be recognized? A case might happen like this: All the members of the medical staff might be absent or sick; a soldier might be taken very suddenly with *coup de soleil*, or congestive chills, or malignant dysentery, or erysipelas, or rheumatism, and as a necessity of the case, one of the female physicians be called on to prescribe. A male physician from a distant post may be sent to visit the patient, but his duties will not allow him to remain and take charge of the case. The female M.D. must continue to be the attending physician. Now, shall the consulting physician consult with the attending physician, or shall he refuse on the ground of her femininity? We hope the National Medical Convention will promulgate the "ethics" in relation to this perplexing problem.

**DIPHTHERIA.**—We clip the following paragraph from one of our exchange papers. We read similar statements almost every day.

Diphtheria has been making quite a sensation in the State of Maine. In one case a whole family perished from this fatal malady. A physician writes us that the disease is so virulent, that it defies the skill of the faculty. Diphtheria is looked upon, in some parts of the State, with more terror nearly every case proved fatal.

There never was a virulent nor a severe disease that did not "defy the skill of the faculty." Our opinion is, that the skill of the faculty, in the case of diphtheria, is more virulent than the disease would be if left to itself.

**PITHY ADVERTISING.**—One of the graduates at our late Commencement thus introduces his institute to the public:

**MARIETTA HYGIENIC WATER-CURE.**—John Cameron, M.D. [of the Hygeio-Therapeutic College, New York], has located at Dr. Cushman's Corner, Marietta, and respectfully tenders his professional services to the sick, who wish to get cured of their diseases without converting their stomachs into drug shops.

**MEDICINAL FOOD.**—One of our city papers gives us the following information, which is certainly very important if true:

Dr. Herpin, of Metz, has published an interesting account of the curative effects of grapes, in various disorders of the body. They act, firstly, by introducing large quantities of fluids into the system, which, passing through the blood, carries, by perspiration and other excretions, the effete and injurious materials of the body; secondly, as a vegetable nutritive agent, through the albumenoid of nitrogenous and respiratory substance, which the juice of the grape contains; thirdly, as a medicine, at the same time soothing, laxative, alterative, and defervative; fourthly, by the alkalies, which diminish the plasticity of the blood, and render all more fluid; fifthly, by the various mineral elements, such as sulphates, chlorides, phosphates, etc., which are an analogous and valuable substitute for many mineral waters. Employed rationally and methodically, aided by suitable

diet and regimen, the grape produces most important changes in the system, in favoring organic transmutations, in contributing healthy materials to the repair and re-construction of the various tissues, and in determining the removal of vitiated matters which have become useless and injurious to the system.

And all that round-about rigmarole of scientific nonsense, chemico-physiological twaddle, and medico-therapeutic lingo to tell us that grapes are wholesome. Precisely the same language might be applied with precisely the same sense to apples, potatoes, spinach, cherries, peaches, pears, bread, beans, peas, *tomatoes*, whortleberries, etc., etc.

**VEGETARIANISM AND THE BIBLE.**—A correspondent who has circulated our tract on Vegetarianism pretty extensively in his neighborhood, writes us that clergymen condemn it as anti-scriptural, and doctors are "down upon it" as anti-physiological, etc. Under the circumstances, he requests us to reconcile the 29th verse of chapter 1, and the 2d, 3d, and 4th verses of chapter 9, of the Book of Genesis, with our vegetarian teachings. We see no difficulty in the matter. Genesis i. 29 should be read in connection with the preceding verses, 26, 27, and 28, thus: "Let them have dominion over the fish of the sea, and over the fowls of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth."

So God created man in his own image; in the image of God created he him; male and female created he them.

And God blessed them; and God said unto them, Be fruitful, and multiply and replenish the earth, and subdue it; and have dominion over the fish of the sea, and over the fowl of the air, and over every thing that moveth upon the earth.

Thus the sacred historian records the formation of man as the last and crowning, glory of the whole creation, and who, in the image of his Maker, was to have dominion over the whole earth, and then, in the next sentence (verse 29), proceeds to declare his dietetic character:

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Nothing can be plainer—and in this all physicians and divines seem to agree—than the appointment of the vegetable kingdom as the source of man's food, bread, or "meat."

A period of two thousand years intervenes, when man has become so wicked that it was found expedient to purify the earth of his presence and start the race anew. And after the Flood the historian records:

And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply and replenish the earth.

And the fear of you, and the dread of you, shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered.

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

But flesh with the life thereof, which is the blood thereof, shall ye not eat.

It seems to us that God affirmed to Noah and his sons precisely what he had before declared to Adam and Eve. The language is varied, but not the sense. In both instances dominion is given to man over all the creatures below. But in neither case is it said or hinted that he is to play the tyrant, and ravage and destroy them. There is no shadow of intimation that man was, after the Flood, commanded, or even permitted, to eat animals, in any other sense than Cain was commanded or permitted to kill Abel. Dominion does not imply destruction. The fear and the dread of man imply subjection and subordination on the part of the animal kingdom. The proper food of man was ordained at the beginning; and that statute is nowhere re-language addressed to Noah and to Adam. The latter statute was in the nature of an "explanatory amendment" to the "original constitution," not an abrogation of it in the least. If God had intended to repeal or annul the original enactment in relation to man's food, or to enlarge it, he would most certainly have said so. So important a matter would not have been left wholly in the dark.

When human legislators pass any enactment in the least conflicting with a prior statute, or in any manner modifying, qualifying, or enlarging its provisions, they invariably relieve the subject of all ambiguity by declaring, "All acts heretofore passed conflicting with these provisions are hereby repealed." God has never repealed any general and universal statute that he has ever ordained.

But, as though to settle the very cavil which the flesh-eaters raise, God finished the argument in the pointed and unmistakable words, "But flesh shall ye not eat." True, the text reads, "flesh with the blood thereof." And our opponents here claim that it is only the blood that is interdicted. They may eat flesh without the blood. Very well. Let us take them at their word. Let us permit them to eat all the flesh



"their souls lust after," with every particle of blood extracted. They would as soon eat gutta-percha or sole leather. It would have no flavor. It would be an adhesive, fibrous mass, as unsavory as a string of yarn.

**THE SECOND SOBER THOUGHT.**—The prosecution commenced against Doctor McLaurin, in Ottawa, Canada West, for practicing Water-Cure without a drug-diploma, has been withdrawn, and the case dismissed. It is well for the cause of druggery that the matter is quieted as soon as possible. But the legal agitation of the subject has already done good. Dr. McLaurin writes:

I thank you for the promptitude with which you responded to the call I made on you, and for your readiness to do all that could be done to assist me in the emergency. Publicity of my trial in the papers has largely increased my business, and I have still more frequent opportunities to perform cures which are utterly astonishing to the spectators, and entirely beyond their capacity to comprehend.

All right.

**PROFESSOR COXE ON HYDROPATHY.**—

This impetuous but indiscreet medical gentleman of the Southern Medical Reform College of Macon, Ga., never omits an opportunity to attack the *Reformer and Review*, the redoubtable Thomsonian thus unbudgets himself:

Hydropathy deserves only a passing remark in this place, which is, that from the quantity of water used, it is better adapted to washing out the sins entailed upon the world by the disobedience of our first grandparents, than to the cure of "the ills to which flesh is heir." It is an aqueous humbug that may catch *Dolphins*, but *Whales* will scarcely ever visit its waters. It is simply ridiculous for any sane man to aver that water alone can be made to answer all the indications of disease. It is true that it is an important auxiliary in the treatment of disease, but that is all.

We are unable to admire the elegance of the Professor's style, or to appreciate the refinement of his language, or to understand the pertinency of his rhetorical flourishes. But one thing is plain enough, and that is the false assertion and mean innuendo of the paragraph. The insinuation that Hydropathists pretend that "water alone can be made to answer all the indications of disease," is a stereotyped lie with the drug medical journals; and Prof. C. knew it was a lie when he insinuated it. If you were on the side of truth, Professor, you would have no occasion to wield any weapons except open, fair argument and straightforward truth. It is only error that dodges candid discussion, and only conscious error that sneaks behind subterfuges, and insinuates the falsehood it has not the courage to utter.

## To Correspondents.

Answers in this department are given by Dr. TRALL.

**CHRONIC RHEUMATISM.**—P. R. D., Hartsport, N. S. The case you describe should go to a water-cure. He can be cured in two or three months. You say: "I think that few if any drugs have entered his system. He has faithfully tried the Allopathic doctors, and all the nostrums he could get hold of, and acknowledged at the end of each trial that he was worse than at the commencement."

Man alive! what is your idea of drugs? How any mortal man can be faithfully dosed by drug doctors, and swallow all the nostrums within reach, and yet have taken "few if any drugs," surpasses our comprehension entirely. We think he has more likely taken half an apothecary shop!

**ETHER—FONTANELLES.**—C. D. T., Marlboro, Mass. 1. Is the inhalation of ether for surgical operations positively injurious, and if so, to what extent? There seems to be quite a difference of opinion in regard to it. 2. Is it any proof or indication that a child will be short-lived, because at its birth its skull-bones are grown together, or nearly so, on the top of its head? The people in this vicinity think it certainly will not live a year.

1. It is always injurious. The extent depends on a great variety of circumstances. In very protracted and painful surgical operations it is frequently the least of two evils, and hence, practically, a positive good. 2. No.

**IRRITATION.**—A. R., Cambridge, Mass. DR. R. T. TRALL—Dear Sir: Please inform me relative to an irritation of the throat after eating and singing. My food is plain, drinking cocoa at breakfast. My general habits of living are quite simple. Send an answer, if possible, in the April number of the WATER-CURE JOURNAL, as I am anxious about relieving my complaint; if not, in the May number.

We could not answer your questions in the April number, for the reason that the number was published before you wrote the questions. We can not answer any of your questions, for the reason that the data you give are all plain. Give us the exact facts, and leave us to judge whether they are plain and simple or otherwise.

**SUPEREXERNOXIFICATION.**—R. E. E., Philadelphia. DR. TRALL—Please answer in the columns of the WATER-CURE JOURNAL the following question, for one, who, having tried unsuccessfully every other pathy, turns, doubtfully, with the heart-sickness of hope deferred to Hydropathy. What is the difference in the amount of permanent injury done to the constitution, between the vital expenditure caused by diffused poisons applied internally and that caused by water applied externally?

We can not comprehend how any person, who is capable of entertaining two consecutive ideas on any subject, can ask a question so utterly indefinite and meaningless. We can only presume that the interrogator has been taught, like hundreds of thousands of others, to get his medical notions by *absorption*, and not by the exercise of reason. We hope this hint will set him to thinking. We are asked to determine between the "amount of permanent injury" resulting from vital expenditure [how much?] caused by "diffused poisons," [how many? what quantities?] by water, [how much? what temperature? how applied? on whom? under what circumstances?] Whew! If this is not the *ne plus ultra*, we shall never live to see it.

**BILIOUSNESS.**—J. B., N. C. The lady whose case you describe is very bilious. She should abandon coffee and pork, use coarse bread, take a tepid wash over the whole surface each morning, a hip-bath in the afternoon, and wear the wet-girdle during the night.

**HYGEO THERAPEUTIC PHYSICIANS.**—We repeat what we have frequently had occasion to say, that we have no graduates of our school to send to any place. Those who desire practitioners of our school must send us the material whereof they can be made. We graduate but twenty to twenty-five annually, while the drug medical schools turn out four to five thousand.

**WEIGHTS—TOBACCO—DRINKING AT MEALS—MODUS OPERANDI.**—E. W. T., Westfield, Vt. 1. Is not the carrying of weights upon the head beneficial to persons inclined to a deformity of the shoulders? Is the practice injurious in any respect?

2. How does tobacco reverse the action of the stomach by an external application?

3. It appears to be generally conceded by intelligent

physiologists, that it is better to take no water at meal-time, if it can be dispensed with without too much difficulty; but does not the vegetarian violate this principle, who lives on Graham bread and apples, and supplies moisture to his system by the juice of the fruit? I do very well on the above-mentioned diet, but this question to me is a "poser."

4. In the Nov. number of the JOURNAL, in reply to a question of mine, you say that each poison affects some particular organ, and add that, "the true explanation of this fact, rightly understood by the people, would be the death of drug medication." I do not understand the import of this last sentence, as I had supposed that Allopathic physicians relied on this fact in attempting to cure the diseases of the different organs by administering the particular medicine which is known to affect the organ diseased. Am I not right? If you deem the subject of sufficient interest and importance to merit the expenditure of any more time and paper, please enlighten us a little further.

1. Yes. The practice can not be injurious, unless the weights are too heavy.

2. The stomach recognizes the presence of the poison in contact with the organism, and acts repulsively or defensively; and as it can only act by contracting, the result is vomiting.

3. Apples are solid food and require mastication. No matter how much water enters into their composition so long as they are eaten, and not drank.

4. It would take a long article to explain this matter. You will find a brief exposition of the whole subject in our late tract, "Principles of Hygelo-Therapy," price 10 cents. All drug doctors claim that particular drugs affect particular organs; but they can not explain *why* nor *how*. They claim that the drug *acts* on the organ or parts diseased. This we deny. We say the living system acts on the drug. This issue involves the *rational* of their action. When this is understood, there will be an end of drug medication. It would take a good-sized volume to explain this subject; but our readers are continually asking us to do it in a single paragraph!

**VEGETARIANISM AND PESTILENCES.**—B. S. T., Stark, N. H. 1. You say on page 32 of your address on the "Scientific Basis of Vegetarianism," that in the middle ages, the great pestilences prevailed over Europe, at a period of the world's history when for three hundred years the people drank no fermented beverages. Where can we find this ascertained from history? (I ask this, not because I doubt your assertion, but that I may obtain more information from history.)

2. Is flatulence of the bowels an indication of the acidity of the stomach?

3. Do salves and ointments assist wounds to heal further than to keep them soft, from the air and from chafing?

4. Do not liniments do more hurt than good, when applied to sprains and bruises?

1. You will find ample data to corroborate our statement in "Hecker's Epidemics of the Middle Ages." 2. Yes. 3. No. 4. Yes.

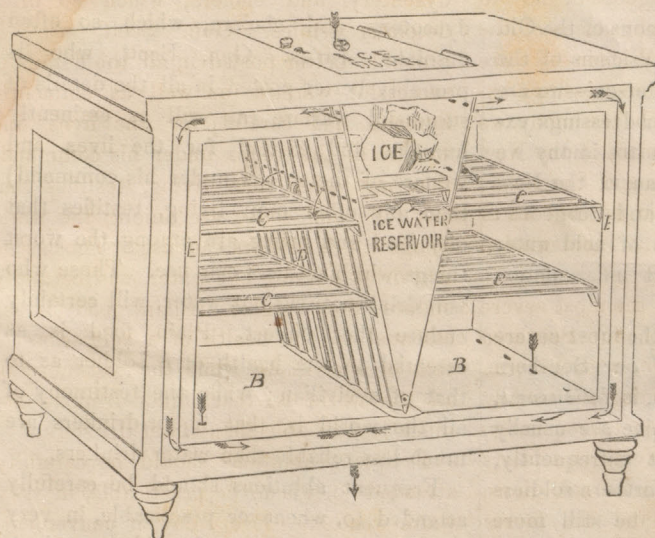
**OPHTHALMIA.**—T. M. J., Hazlewood, Mo. DR. R. T. TRALL—Dear Sir: Will you please prescribe through the W. C. JOURNAL for the following case. A child four months old was attacked with (what we think) acute ophthalmia, for which various salves, lotions, and washes were used. The violence of the inflammation abated in a few weeks, but the eyes never got entirely well. To the present time, which is nearly two years since the first attack, the eyelids are somewhat sore and inflamed. There is much intolerance of light, and sometimes considerable obstruction of matter; we think the general appearance of the eye is smaller than it should be. Otherwise, the health of the child appears to be good, though it is somewhat fretful, apparently on account of the disagreeable feeling of its eyes. Both mother and child eat bacon, gravy, salt, fine flour biscuit mixed with lard and soda, drink coffee, and seldom resort to this *new-fangled* practice of bathing the body all over.

It is useless to prescribe "water-cure" for those who do not believe in such "new-fangled notions." Until they will change such horrible dietetic habits, all the waters of the flood could not cure the inflamed eyes. It is no wonder the child has sore eyes. The wonder is, that the eyes of both the mother and child do not *rot out*. We advise you to educate that mother in the principles of our system, if you can, after which our advice might be serviceable.

**HYDROPHOBIA.**—J. T., Brantford, C. W. Your questions were answered in the WATER-CURE JOURNAL for May. There is no truth in any of the advertised specifics or nostrums for the cure of this malady. Cauterizing or burning a little gland or tumor at the "string of the tongue" is all *fudge*.

**FACIAL EXCRESCENCES.**—W. H. H. K., New Lyme, Ohio. We can not determine whether the tumors you mention are curable, nor what surgical operations would be best, nor what the expense would be, without seeing the patient.





### THE POLAR REFRIGERATOR.

THE above cut is a representation of a refrigerator patented by A. H. Bartlett, of this city, which in its design and construction seems to us better adapted to produce the desired results than any other in use.

In the figure, *B B*—are the provision chambers. *C C C C*—shelves made of galvanized iron wire. *D*—overflow pipe for the ice-water. *E E*—inside box, lined with zinc.

In this refrigerator there is but little circulation of air in the provision chambers. It is avoided that unpleasant admixture of tastes to be found in articles kept in refrigerators, where the air is allowed free circulation, passing over onions and turnips, butter and beefsteaks, making all taste alike and nothing like either.

But the peculiarity of this refrigerator consists principally in the conical ice-box, and water reservoir.

The sides of the box, which is made of zinc, are corrugated, thus presenting the largest surface to the atmosphere which it is desired to cool. Small holes, shown in the figure, allow the cool air to pass from the ice-box to the provision chambers.

It is well known that a dry atmosphere is essential to the preservation of meats. In Egypt, where it never rains, fresh meat hung in the open air, exposed to the summer sun, will keep for weeks. This quality of the atmosphere in the provision chambers of this refrigerator is very perfectly secured, the moisture being condensed on the sides of the ice-box passes down and off without coming in contact with the articles to be preserved. It will be observed that the ice occupies a central position, thus keeping equally cool two chambers, which it could not do if placed on the top of the chamber only, as is the case in some—or at the side, as is done in others.

The ice-chamber has but very little ventilation, and is for this reason economical in the use of ice, which is one item to be considered; by keeping the reservoir clean, and the strainer under the ice in proper condition, you have a constant supply of ice-water for drinking or other purposes. So it will be seen the invention combines a refrigerator-filter and water-cooler all in one.

In view of these reasons, and others too obvious to the most casual observer to require particular mention, we can conscientiously recommend Bartlett's Polar Refrigerator to our readers as being a little nearer perfection than any other we have seen.

The prices range from \$16 upward, according to size. For further particulars, address Bartlett & Lesley, 426 Broadway, New York.

### POWER OF A WORD.

WENDELL PHILLIPS, Esq., in his lecture last winter, before the Parent Washingtonian Society, told the following story:

A mother, on the green hills of Vermont, stood at her garden-gate, holding by her right hand a son sixteen years old, mad with love of the sea. "Edward," said she, "they tell me that the great temptation of the seaman's life is drink. Promise me, before you quit your mother's hand, that you never will drink." Said he, for he told me the story, "I gave her the promise. I went the broad globe over: Calcutta, the Mediterranean, San Fran-

cisco, the Cape of Good Hope, and during forty years, whenever I saw a glass filled with sparkling liquor, my mother's form by the garden-gate on the hillside of Vermont rose up before me, and to-day, at sixty, my lips are innocent of the taste of liquor." Was not that sweet evidence of the power of a single word? And yet it was but half; "for," said he, "yesterday there came into my counting-room a young man of forty, and asked me, 'Do you know me?' 'No,' said I. 'I was brought once,' said he to my informant, 'drunk into your presence on shipboard; you were a passenger; the captain kicked me aside; you took me into your berth, kept me there until I knew of it; I never had a drink since then.' You told me of yours at the garden-gate; and to-day, twenty years later, I am master of one of the finest packets in New York, and I came to ask you to come and see me."

How far back that little candle throws its beam, the mother's word on the green hillside of Vermont! God be thanked for the almighty power of a single word.

### Scissorings.

How TO HEAL A LONGING FOR DIVORCE.—Bishop Burnet, in his "Travels through France, Italy, Germany, and Switzerland," states that in Berne they had a novel method of dealing with matrimonial disputants. Divorces were freely granted, but first the applicant must go through the following test: A small room was prepared, in which the husband and wife were put, the door being then closed, to remain so for six weeks, except it should be put in motion at the urgent and united request of the wedded pair. There were in the room one stool, one plate, one spoon, a unity of all the requisites, and the solitary bed was of such dimensions that, if they chose to use it they must needs lie very close together. Of one thing, and one only, there was a duplicate; and that was a little treatise on the duties of husbands and wives toward each other. No visitor was permitted to go near them; and they had only a glimpse at intervals of the grim face of the janitor as he pushed their food through a hole in the door. The bishop states that the test was attended by the most wholesome results. In most cases the parties were excellent friends in a few days, and very few could stand out for more than a fortnight. Another very gratifying circumstance was, that they had scarcely on record a case in which a second application was made by persons who had already gone through the ordeal.

"You are a fool," said a coxcomb to a clown. "You partly say true," said the clown. "If I hain't quite a fool, I be very near one."

SWINGING is said by the doctors to be good exercise for the health, but many a poor wretch has come to his death by it.

DEW.—There is dew in one flower and not in another, because one opens its cup and takes it in, while the other closes itself, and the drop runs off. God rains His goodness and mercy as wide-spread as the dew, and if we lack them, it is because we will not open our hearts to receive them.

KEEPING A DIARY.—Among other reasons for keeping a diary, a writer says—"No doubt when you look back, you will find many very silly things on it; well, you do not think them silly at the time; and possibly you may be humbler, wiser, and more sympathetic, for the fact that your diary will convince you (if you are a sensible person now) that, probably, you yourself, a few years, or a great many years since, were the greatest fool you ever knew."

IS FICTION WICKED?—We presume that to state that fiction is wicked is simply nonsense. The "Pilgrim's Progress" is all fiction; so is Milton's "Paradise Lost." So are half the tracts and all the "good" books which the most strait-laced can name. So are Aesop's fables, and much of the "philosophy teaching by example," which we call history. Does any one suppose that Tacitus, or Dionysius, or Hume, Hallam, Lingard, or Macaulay, give word for word the speeches of great people, or can form even an approximate idea of what they profess to relate? "I am sorry to hear," writes Lady Wortley Montagu to her daughter, "that my dear Smollett has given up his charming novels, and is writing that stupid 'Dr. Abernethy.' His prescription to a wealthy patient was—'Let your servant bring to you three or four pails of water and put it into a wash-tub; take off your clothes, get into it, and from head to foot rub yourself with it, and you'll recover.' 'This advice of yours seems very much like telling me to wash myself,' replied the patient. 'Well,' said Abernethy, 'it is open to that objection.'"

A MESSENGER having requested a clergyman to announce "if Dr. — was among the audience, he was urgently wanted," the clergyman added, from sympathy, "and may God have mercy on the poor patient!" The doctor, in a rage, demanded and received an humble apology.

A PHYSICIAN of Cincinnati, who had lost his morning's milk from the front area, recently put an emetic into the pitcher, and the next morning discovered a policeman a little distance from his house making his "returns."

DR. ADAM CLARK, who had a very strong aversion to pork, was called upon to say grace at a dinner, where the principal dish was a roast pig. He is reported to have said, "O Lord, if thou canst bless under the gospel what thou didst curse under the law, bless this pig."

"A SHORT life and a merry one," says the *Portland Pleasure Boat*, means taking a first-class ticket to perdition by an express train, and beguiling the journey with a sleep, a dram, and a cigar.

SHOW YOUR EARS, LADIES.—An English hair-dresser denounces the custom of ladies covering their ears with their hair. He says it is productive of the diseases of the ear, preventing the circulation of air essential to its healthy action.





NEW YORK, JUNE, 1861.

## WATER.

"To the days of the aged it addeth length,  
To the might of the strong it addeth strength.  
It freshens the heart, it brightens the sight,  
'Tis like quaffing a goblet of morning light."

## TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

**MILITARY HYGIEIO-THERAPY.**—Men who go forth to battle, calculate on being sick and disabled more or less, and on wounding and being wounded in all possible ways. Hence the surgery, the therapy, and the hygiene of war become peculiarly interesting in the present belligerent aspect of our political horizon.

The poorest use that can be made of a soldier is to place him on the sick list, requiring two or three able-bodied men to take care of him; or to have him die of disease without shooting or stabbing any body, or being shot or stabbed by any one. The condition of the men, and this depends entirely on their health. Hence it is that so much attention is given, in the best regulated armies, to the medical appointments and the commissariat. And yet this subject has never received half the attention that it deserves.

So far as operative military surgery is concerned, we have little to desire. This department of the healing art, or rather the mending and pruning art, is almost perfect. But

Millions have died of medicable wounds.

The medical treatment of surgical cases is susceptible of very great improvement in the substitution of simple water-dressings for the medicated washes, lotions, liniments, and ointments which are usually resorted to. Excessive inflammation is all the surgeon has to dread in wounds of all kinds; and there is nothing on earth, or in the apothecary shop, so efficient to allay inflammation and soothe irritation as pure cool water. Many of the veteran surgeons of the European armies have ascertained by extensive experience that water-dressings are not only all that any case requires, but superior to all others. Centuries ago this fact was known and recorded by the most

eminent physicians and surgeons of the Old World. And one of the physicians of the Broadway Hospital—Dr. Watson—we are informed, recommends water-dressings exclusively. To all of which testimony we may add that of Prof. Gilman, of the New York College of Physicians and Surgeons: "The continued application of cold water has more power to prevent inflammation than any other remedy."

The prevailing feature of the most severe and most fatal diseases of our Southern States, in the warm season, is *biliousness*, for which calomel and quinine are usually prescribed in huge, and not unfrequently, we fear, in killing, doses. Northern soldiers in the Southern States will be still more liable to this condition, and the fevers which it engenders. Hence prophylactic measures may be to many of them a matter of life or death.

During the time that Walker and his army of filibusters held possession of Nicaragua, many of the men died of fever. One of the survivors of the expedition, who resides in Greenwich, Conn., informs us that every man attacked who was treated with drugs, *secundum artem*, died. Our informant was attacked, refused to take

One Florence Nightingale is worth a regiment of drug doctors (aside from the necessary surgery), in taking care of sick and wounded soldiers. Fresh air, pure water, clean linen, and quiet rest are Nature's grand restoratives. Give us these, and the hand of that ministering angel in the sick chamber or tent, woman, and male doctors and their drugs may well be dispensed with.

The example of that noble girl, Florence Nightingale, whose name will live in history longer than that of Raglan, Pelissier, or Gorchakoff, is likely to inaugurate a new and better era in military nursing. Following in her footsteps, some two hundred ladies have offered to accompany the armies and take charge of the nursing departments of the hospitals. This movement on the part of the women must certainly stimulate the ambition of the men to join the army, for the luxury of being so tenderly and faithfully nursed will greatly lessen the horrors and the dangers of being wounded.

One word in regard to prevention. Strong coffee, greasy or oily food, and spirituous liquors are among the common causes of bilious and putrid fevers, camp

dysentery, and cholera, which so often desolate armies. Gen. Scott, who is probably better posted in all the details of successful warfare (as well as eminently humane and careful for the lives and welfare of the troops under his command) than any other man living, testifies that oily food and coffee are among the worst things which soldiers can use. Those who will drink nothing but water, will certainly endure the longest. Plain food is as essential to the health of a soldier as to that of a civilian; while the testimony of all the world is, that liquor-drinkers are much less reliable than water drinkers.

Frequent ablutions should be carefully attended to, whenever practicable, in very warm weather. Every day, if convenient, the soldier should strip and rub the whole surface over thoroughly with a wet towel; or if a towel is not at hand, he may rub so much of the surface as he can reach with the bare hand dipped in cold water. Those who have never tried it will be surprised at its effects in hardening the muscles, invigorating the nerves, and keeping the skin in an open, *breathing* condition. One thorough ablution is better than a good liquor is never to be had.

And still another point is important. Sun-stroke, apoplexy, rush of blood to the head, congestion of the brain, etc., are common when soldiers are much exposed to the hot sun. These dangerous attacks may readily be prevented by wearing a good-sized piece of sponge, or, better still, a few folds of linen cloth, well wetted, on the top of the head. The water will gently evaporate and carry off the superfluous heat. A head-dress of this kind, kept continually damp, is worn all day long by many patients at the water cures, and with great advantage. We believe this simple application would save the lives of many of our most ambitious and active officers and soldiers.

**NURSES FOR THE ARMY.**—The first corps of nurses which left New York for Washington consisted of twelve females, with Miss E. M. Powell at their head. Of these twelve women, ten had studied medicine, and several of them have had years of hospital practice. We respectfully call the attention of the National Medical Association, about to assemble in annual convention, to this fact, as having some bearing on the question, whether regularly educated and legally qualified female physicians



**BODY BRACE.**—A. K., Americus, Ga. We can not answer your question without knowing what particular article you mean. We can imagine no possible *bracing* contrivance that would benefit weak lungs. It is exercise, not rest, which they require. Ring-worm is to be cured by purifying the blood. As the liver is usually involved, the wet-girdle and an abstemious diet are advisable.

**LARYNGEAL CONSUMPTION.**—J. B. D. Patient 45 years of age; constitution naturally good; occupation farming. On the 8th of May, 1858, he was taken with bleeding at the larynx, for which he took tincture of iron, pills, etc. In June following, he had the dysentery very severely, and was treated after the usual drug routine. The throat continued sore and irritated. In the fall he had an attack of lung fever; the cough never abated. When weather came on, his health improved a little. As winter approached, the lung fever with chills returned. He took two doses of calomel, quinine, etc. By June following he was able to do light work again. In December the cough returned, with lung fever and chills. He took but little medicine, except boneset bitters, cherry pectoral, snake-root, spikenard syrup, etc. The previous attack was treated by a Botanic or Eclectic, and several patent nostrums. Present symptoms, constant soreness of the throat, great hoarseness, irritation, tickling, cough at times very severe and tight; raises a little yellowish matter; asthmatic breathing on lying down. Diet, bread and tea, potatoes, cabbage, turnips, and some meat. He chews tobacco, and does not bathe. We wish your diagnosis and advice.

Our diagnosis is laryngeal consumption. Our prognosis is unfavorable. The patient has already been doctored to death. What you call "lung fever with chills," is the hectic fever of disorganized lungs.

## Miscellany.

### EFEKTS OV SMÖKIIV ON ÆE NAÇONAL KARAKTER.

It me bi sed dat ðe Diermanz ar wæu gæ ðe most intelektuall neçon on ðe æt. wæu gæ ðe and yet ðe ar inveteret smökerz. Bst it wil bi found dat ðe ðe kan tink, and reit buks, and lektiur, snder ðe influens ov ðe peip, ðe ar not preperd for ðe bot ov akçon. ðe intoksikeçon ov tobako me fevor ðe wsrkiçz ov ðe imadjineçon, bst dát iz not hwot iz wontip. Hweil ðe Igglig, notwistandip ðer bad kstomz, hav med demselvz ðe gretest neçon on ðe glöb, and hav gon on stedili genip politikal and mental pouer, in speit ov bsrdenz greter ðan ðez ov eni sder pipel, wed doun wið an enormss takseçon, ðe Diermanz hav sat stil, binkip and dmiip nðbip, hav aloud demselvz tu bjksm disyuneited, and for ðe most part ðe pre ov tiranikal gsvernments; or els hav med yusles insrekçonz, dat hav in nò wæ fstrærd ðe koz ov liberti; and ðis in speit ov ðe most glöriß and ekzolted konsepeçonz, and ov ðe most splendid sistem ov naçonal ediukeçon dat iz tu bi found, perhaps, in eni part ov ðe glöb. ðe poetri and filosofi ov a pipel ar not ðe tru indeks ov ðer mental stet.

Ssm me instans ðe prosperiti ov ðe Amerikan pipel, hui sijn mor disgsstipli adiktet tu ðe yus ov tobako ðan eni neçon on ðis seid ov ðe Atlantik. Bst wj msst remember dat dát pipel ar in ðer infansi, wið ol ðe sndevelopet resorsez ov netiur redi for ðer wonts; sbsrdend wið eni ov ðe sentiuri-gren korsepeçonz and opresiv wets ov ðe öld wrld—wið land, fund, water, kæl, friðom, everibip dat ðe wont. Wj msst remember, olso, dat nou a veri lardj perçon ov ðer popiuleçon, and a lardjer proporeçon everi

yir, konsists ov emigrants from ðe öld kontinent—not ðe konvikts, and ðez hui kan dui nò gud in ðer faderland, bst ðe sterip, aktiv wsnz, hui ar ful ov leif and enerdji. ðer, jven ðe Eirig luz ðer begeri, and bjksm valiabel and hard-wsrkip servants. Wið sstg glöriß biçz in ðer fevor, q hwot ot ðe tu bjksm; and yet ðe sijn olredi a bin, salo, dispeptikal res; in ðe tobako ksntriz aktiuali deiip out, and onli kept aleiv bei ðe konstant infunçon of niu blsd; ðe ar a pipel amsp hui ðe wsrst formz of sleveri dat ðe wrld haz ever sijn, hav taken runt and flsrig; ðe ar a pipel, tú, ssbajekt (in ðer lardj tounz) tu primatiur prekositi, and ssm ar adiktet tu snnatiur kreimz, hwitg ar skersli non amspst ss, mizerabli deprevd as wj ar. Let ðe tobako-yuzip perçon ov ðe Amerikan pipel bi çut sp bei demselvz in an eiland, and haf a sentiuri wud bi absdantli ssfigent tu demonstrat its indjuriss efekts.

Let ðe Igglig tek wornip.—*English Journal of Health.*

### THE DEAN AND THE PARROT.

An eminent Dean, once the incumbent of a celebrated watering-place, but now attached to a cathedral in the north, has of late, it is well known, beguiled his leisure hours with lecturing upon the advantages of total abstinence from all fermented liquors; he is, besides, a perfect "count-the use of tobacco." A parrot, however, gave the Dean a very handsome parrot, but its education had been neglected; it would squall and screech with the most vociferous of parrots, but it had not the gift of talking rationally, like other amusing birds of the same species. One day Mr. Dean was expatiating upon the beauties of his favorite, and lamenting its only defect in the presence of two young ladies, the daughters of the Bishop. "Oh," exclaimed one rather vivaciously, "if that is all, Mr. Dean, we can manage to give Poll an excellent education. Let us take her over to — Castle, where we have a parrot who talks divinely: ours will soon teach yours, and you will have yours, like ours, talking all the day long." The Dean was pleased with the idea, and Poll migrated from the deanery to the castle. A few weeks afterward she was returned safe and sound, with a warrant to talk as well as any other gifted bird of her family. Poll, upon her arrival, was placed in the library. About the same time a deputation was ushered in, to ask the Dean to fix a day for giving his lecture to the "Anti-tobacco-and-brandy-and-water-Association." As the Dean entered the room, he observed Poll glorying in her gilded cage, clutching the wires with her claws and beak, and cracking a bushel of nuts as she climbed away from the perch to the swing. "Oh!" said the Dean, "excuse me, gentlemen, a minute; just come here. This is my parrot; she has been to the Bishop's to be taught to speak, and has been brought back this morning—pretty Poll." Poll screwed her neck round, gave a comical grin at the Dean out of the corner of her eye, and then, with amazing courage and volubility, screamed out—"Take a pipe, Mr. Dean—Mr. Dean, take a pipe. Another glass for Mr. Dean. Brandy an' waur—brandy an' waur, Mr. Dean, take a pipe." Oh! the face of Mr. Dean; oh! the horror of the deputation; oh! the wickedness of those merry young ladies at — Castle.

### SPECIMENS OF ENGLISH ORTHOGRAPHY AT VARIOUS PERIODS.

**THE Lord's Prayer,** in the time of Henry VI. (as appears by a large manuscript vellum Bible in the Oxford library, said to have belonged to this king, and to have been given by him to the Carthusians in London), was rendered thus—

Oure fadir, that art in hevenes, hawewid be thi name, thi kyngdom come to thee, be thi wil don in eerthe, as in hevene, geve to us this day oure breed over othre substance, and forgive to us oure dettis, as we forgiven oure dettouris, and lede us not into temptation, but delivere us from ivel. Amen.

In the translation of Wickliffe, 1380, given in Bagster's "English Hexalpa," it is rendered thus—

Oure fadir that art in hevenes halowid be thi name, thi kyngdom come to, be thi wille don in erthe as in heuene, geue to us this day oure breed our other substance, and forgeue to us oure dettis, as we forgeue to our dettouris, and lede us not into temptacioun: but delyuer us from yuel amen.

About a hundred and fifty years after this, in the first translation of the New Testament printed in England, executed by William Tyndale, in 1526, (and reprinted by Bagster), it was rendered thus—

O oure father which arte in heven, halowed be thy name. Let thy kingdom come. Thy wyll be fulfilled, as well in erth, as hit ys in heven. Geve vs this daye oure dayly breade. And forgeve vs oure treaspases, even as we forgeve them which treaspas vs. Leade vs not into temptacion, but delyvre vs from evell. Amen.

name. Thy kingdom come. Thy will bee done, in earth as it is in heauen. Giue vs this day our dayly bread. And forgiue vs our debts, as we forgiue our debtors. And leade vs not into temptation, but deliuer vs from euill: for thine is the kingdome, and the power, and the glory, for euer, Amen.

**HOW TO PREPARE FOR THE CAMPAIGN.**—The following hints to our volunteers are timely, and should be heeded.—Eds.

#### TO OUR YOUNG SOLDIERS.

1. Remember that in a campaign more men die from sickness than by the bullet.

2. Line your blanket with one thickness of brown drilling. This adds but four ounces in weight, and doubles the warmth.

3. Buy a small India-rubber blanket (only (\$1 50), to lay on the ground or to throw over your shoulders when on guard duty during a rain-storm. Most of the Eastern troops are provided with these. Straw to lie upon is not always to be had.

4. The best military hat in use is the light colored soft felt; the crown being sufficiently high to allow space for air over the brain. You can fasten it up as a continental in fair weather, or turn it down when it is wet or very sunny.

5. Let your beard grow, so as to protect the throat and lungs.

6. Keep your entire person clean; this prevents fevers and bowel complaints in warm climates. Wash your body each day if possible. Avoid strong coffee and oily meat. General Scott said that the too free use of these (together with neglect in keeping the skin clean) cost many a soldier his life in Mexico.

7. A sudden check of perspiration by chilly or night air often causes fever and death. When thus exposed, do not forget your blanket.

AN OLD SOLDIER.



## REARING CHILDREN.

THE following rules for rearing children are deserving the attention of every man and woman:

1. Children should not go to school until six years old.
2. Should not learn at home during that time more than the alphabet, religious teaching excepted.
3. Should be fed with plain, substantial food at regular intervals of not less than four hours.
4. Should not be allowed to eat anything within two hours of bedtime.
5. Should have nothing for supper but a single cup of warm drink, such as a very weak tea of some kind, or cambric tea, or warm milk-and-water, with one slice of cold bread-and-butter—nothing else.
6. Should sleep in separate beds, on hair mattresses, without caps, feet first well warmed by the fire, or rubbed with the hands until perfectly dry; extra covering on the lower limbs, but little on the body.
7. Should be compelled to be out of doors for the greater part of daylight, from after breakfast until half an hour before sundown, unless in damp, raw weather, when they should not be allowed to go outside the door.
8. Never limit a healthy child as to sleeping or eating, except at supper; but compel regularity as to both; it is of great importance.
9. Never compel a child to sit still, nor interfere with its enjoyment, as long as it is not actually injurious to person or property, or against good morals.
10. Never threaten a child; it is cruel, unjust, and dangerous. What you have to do, do it, and be done with it.
11. Never speak harshly or angrily, but mildly, especially the younger ones, shall be words of unmingled lovingness and affection.

**NAPOLÉON'S FIRST ESSAY AT SMOKING.**—Napoleon's first experiment with a pipe of tobacco was an imperial failure. It is well known that he did not snuff so much as has been stated, and that most times he limited himself to sniffing at his pinch and then dropping it; but one day he had the fancy for smoking. It is true that it was to do honor to a magnificent pipe which he had received of a Turkish or Persian ambassador. A *valet de chambre* prepared all for the essay. The light was given to the recipient, and all then to be done was to communicate it to the tobacco. But the manner in which his Majesty went about his work rendered smoking absolutely impossible. Constant tells the story, and says that the Emperor opened and shut his mouth alternately, without making the slightest inhalation. "*Comment diable!*" he cried, "this will never do!" Constant observed that he was proceeding the wrong way, and showed him how to act. The Emperor, however, merely returned to his act of yawning, and made no progress. Wearied at last with his effort, he ordered Constant to light the pipe. The latter obeyed, and returned it to him; but scarcely had he inhaled the first whiff, when the smoke, which he could not eject from his mouth, turned about the palate, entered the throat, and came pouring from his eyes and nostrils. As soon as he recovered breath, he exclaimed, "*Take it away from me. What infection! Oh, les cochons, it has turned my heart.*" It was more than an hour before the Emperor recovered from the effects of his narcotic; he renounced the pleasure forever, and was in the habit of saying afterward that "smoking was only to amuse numskulls."

## ESSENCE OF THE SOUTHERN WATERING-PLACES.

THE *Southern Literary Messenger* gives a series of "domestic receipts" for realizing at home, and at a trifling expense, the peculiar comforts and advantages of each of the fashionable watering-places:

**WHITE SULPHUR SPRINGS.**—Tie a roll of brimstone under your nose, and drink freely of thick warm water. Break some doubtful eggs in your pockets, and run round till you are exhausted. Procure a second-hand diabetes, change your linen six times a day, and strut loftily under a tree.

**OLD SWEET SPRINGS.**—Get a large tub and put some white pebbles in the bottom. Sit down in it and blow soap bubbles. Dress your best, and don't know anybody.

**RED SWEET SPRINGS.**—Obtain some iron filings, paint 'em red, put 'em in a tin pan or pitcher, and look at 'em in solitary silence. Eat much mutton, and go to bed early. Whisky julep eight times a day.

**YELLOW SULPHUR SPRINGS.**—Get good living on the top of a hill, where you can't see anything whatever. Dominoes, draughts, and backgammon.

**ALLEGHANY SPRINGS.**—Sit down on a hard chair in a deep, hot hole, and drink citrate of magnesia and epsom salts. Gamble some with dyspeptics.

**COYNER'S SPRINGS.**—Take the Lynchburgh papers, and gaze with melancholy pertinacity at the side of a naked hill. Whist and religious tracts.

**ROCKBRIDGE ALUM.**—Select some cases of cancer on the face, with a few necks, scrofulously raw, and dine with them daily on indifferent victuals. Then catch the drippings from the eaves of a very old house, in a tin cup with a long handle, thicken the drippings with powdered nutgalls, and drink three times a day.

**ALL HEALING SPRINGS.**—Put it to your ribs. Read old novels and talk to pious old ladies about death and chronic diseases of the digestive tube.

**BERKELEY SPRINGS.**—Keep your skin clear, and know nothing but Baltimore ten-pins.

**PEAKS OF ORTER.**—Climb a high pole on a cold day at sunrise. Shut your eyes and whistle.

**WEIR'S CAVE.**—Go into the cellar at midnight, feel the edges of things, and skin your shins against the coal-scuttle. Sit down on a pile of anthracite, with a tallow candle, and wonder.

**OLD POINT COMFORT.**—Build a hog-pen in a mud puddle; fill it with cockle-burrs and thistles, and call it surf-bathing. Drink bad brandy. Don't sleep. Lie down with your windows wide open, and no clothing on. Come home with a fish bone in your throat, and oyster shells in your head, a pain in your stomach, and ten thousand mosquito bites on your body.

**CAPE MAY.**—Penetrate an immense crowd of male and female rowdies, drop some salt water in both eyes. Shoot pistols. Eat some ice cream and claret, and send up one sky rocket every night. Have yourself insulted often by big niggers. At mid-day smell of an oven with a dead pig in it. Fill your pockets with cut glass broken into minute fragments.

**WHAT SHALL WE DO FOR COFFEE?**—It appears from statistics recently published, that the consumption of coffee is increasing much more rapidly than the production. Last year the total consumption of Europe and the United States alone was 330,000 tons, while the production of all countries was but 312,000 tons. The probable consumption of the present year is estimated at 337,000 tons, and the probable production at 274,000; and of next year the former at 313,000 tons, the latter at 345,000. We hope with all our heart that it will become so costly that none but those who can afford without inconvenience to pay large doctors' bills can afford to use it.—*Evening Post.*

## AN OLD MAN'S SONG.

When I wander up and down  
Through the highways of the town,  
I can study men and manners as I go, Young Man;  
I can watch the follies run,  
Idly flaring in the sun,  
And the vices and the falsehoods where they grow, Young Man.

If I see an arrant knave  
In his chariot looking brave,  
Splashing up the mud on me and you, Young Man,  
I can pass him quite resigned,  
And exclaim with quiet mind,  
"I would rather walk in tatters and be true, Young Man."

When I see the large domain  
Of some rogue in girth and grain,  
And his pleasant woodland castle on the hill, Young Man;  
Or the mansion in the square,  
With its tomes and pictures rare,  
Of some fraudulent concoctor of a pill, Young Man;  
Or the little snug retreats  
Of the pettifogging cheats

Who empoison all they bask and all they brew, Young Man;

I can go to bed and say,  
In my attic, when I pray,  
"I would rather rent a wigwam and be true, Young Man."

When I see a man who thrives  
Out of other people's lives—  
Out of stolen goods, short measure, and short weight,  
Young Man;

Who gives dinners, suppers, balls,  
And when shivering Hunger calls,  
Sends it groaning to the niggard workhouse gate, Young Man;

I can look clear-eyed to Heaven,  
Saying, "Bees of pride, whate'er I do," Young Man;

But in utter scorn I hold  
All such creatures and their gold,  
For I'd rather sweep a crossing and be true, Young Man.  
—Mackay.

## Literary Notices.

**THE REBELLION RECORD.** A diary of American events 1860-61. Edited by Frank Moore. G. P. Putnam, New York. Issued in numbers of 32 octavo pages, 10 cents each.

The design of this Record is to preserve, in a systematically arranged order, a comprehensive history of the present struggle between the North and the South. It is to be classified as follows: 1. A diary of verified facts; 2. Poetry and notable incidents; 3. Documents, speeches, and extended narratives. Each division is pagged separately, and can be placed together for binding. Every one can see at once the value of such a work, not only for present use, but for future reading and reference.

**THE SOLDIER'S GUIDE.** A complete manual and drill book for the use of all Volunteers, Militia, and the Home Guard. T. B. Peterson & Co., Philadelphia. Paper, 12mo; 64 pages. Price twenty-five cents, post-paid.

This is a manual of arms and instructions in some of the more important facings and wheelings on the system known as Scotch tactics. The book seems well adapted for those who desire instructions in this style.

**THE AMERICAN SOLDIER.** A pocket manual for the use of Recruits and Volunteers, being in accordance with Hardee's tactics and Scott's manual, together with hints on Enrollment, Equipment, and Service. Abbey & Abbot, New York. 20 cents.

This is a very comprehensive and useful book. It contains the elements of the military education that all soldiers need. Besides the manual of arms and company drill, it has a full and complete pay-roll of officers and men in the different branches of service, rations, outfit, etc.



## Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.

As we desire to issue the JULY number of the JOURNAL as early as possible, we will be obliged if our friends will give us their Advertisements as early as the 5th of June.

## MOVEMENT-CURE AT THE HYGIENIC INSTITUTE, No. 15 LAIGHT STREET, NEW YORK.

We have found, from experience, that most every form of chronic disease can be cured much quicker by combining the *Movement-Cure* with Water and Hygienic treatment than it can without.

For paralysis, spinal curvatures, uterine diseases and displacements, constipation, dyspepsia, consumption, and for giving tone and vigor to the general system, it is of great service.

Our physician (Dr. William W. Wier) devotes his whole time to this Department, and almost every one of his patients show a decided improvement, from actual measure in the size of the chest, in the firmness and strength of muscle, and in the more erect and manly position they assume, although some of them have been under his treatment but two or three weeks.

We would advise all who are contemplating going to a water-cure the coming summer, to go where they can get Movements, provided they can get all the other Hygienic appliances just as well. These we claim to have. We have *soft water, good air, the best kind of food*, and that the best cooked; pleasant rooms, good society, music, dancing, gymnastics, amusements of various kinds, kind assistants, able physicians, and as *obliging proprietors* as you will find anywhere.

In addition to this, we are prepared to perform any and every kind of surgical operation.

We advise all who are afflicted with cancers, tumors of every kind, polypus, hip-joint diseases in every stage, contracted muscles, diseased bones, or any other deformity of the body, to send a description of your cases to our physicians, and they will inform you whether they can

We have one of the best surgeons in the country, who guarantee all operations done skillfully and scientifically, and will give our patients the benefit of our Hygienic treatment to hasten their cure.

Our terms are: Entrance fee, \$5.

For full board and treatment, from \$7 to \$15 per week.

Transient board, \$1 per day.

Those who do not provide their own packing clothes will be charged \$1 per week extra.

Every person should have a copy of Dr. TRALL's New Health Treatise. Prices:

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E. P. MILLER, M.D., Physicians.  
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## DR. GEO. H. TAYLOR'S INSTITUTION, No. 67 West Thirty-eighth Street, New York.

Invalids desiring information in regard to the *Movement-Cure*, are requested to send a stamp.

## KINESIPATHIC INSTITUTE.

52 Morton Street, New York.

CHARLES H. SHEPARD, M.D.

At this establishment invalids can have the advantage of Kinesipathy, or Swedish Movement-Cure, combined with all necessary Water-Cure appliances.

## THE BROOKLYN HEIGHTS

Water-Cure Establishment is located at Nos. 63 and 65 Columbia Street, Brooklyn, L. I. Outside practice attended to both in city and country. G. F. ADAMS, M.D.

## DR. BEDORTHA'S WATER-CURE

Establishment is at Saratoga Springs.

Dr. BEDORTHA is happy to say to his friends, who have often requested prescriptions for home-treatment, that he has now completed his work on "Practical Medication; or, The Invalid's Guide," in which he has given explicit directions for the treatment of Typhus and Scarlet Fevers, and other diseases in which he has been so successful. In this book, parents, nurses, and invalids will find a friend in the hour of need. Price \$1.

Also, "The Practical Cook Book," which gives plain and simple directions for preparing food of all kinds, for persons in health or sickness. Price, 50 cents.

Address N. BEDORTHA, Saratoga Springs.

## PEEKSKILL WATER-CURE,

Now entering on its second year, is located on the Hudson, commanding beautiful views in all directions. The house and furniture are new—its rooms pleasant and airy; the grounds abound with choice fruits, flowers, and shrubbery of all kinds.

## DELICATE LADIES

will find here a place suited to please refined tastes, and a physician who comprehends somewhat the exhaustless resources of nature in the cure of their complaints.

## MEN AND WOMEN

both, suffering with "general debility," or other complaints of whatever name or nature, will here receive the undivided attention of one who knows how to treat them successfully. Inclose stamp for a Circular, wherein ample references will be found.

## CAUSES AND CURE OF DYSPEPSIA,

by Dr. Gorton, will be sent, prepaid, to any address in the U. S. or Canadas, on the receipt of 15 cents. Address D. A. GORTON, M.D., Peekskill, N. Y.

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## SARATOGA SPRINGS REMEDIAL INSTITUTE, for the cure of LUNG, FEMALE, and CHRONIC DISEASES. For a Circular of full particulars address

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## BINGHAMTON WATER-CURE.

BINGHAMTON, BROOME COUNTY, N. Y.

Patients received at all times, where every comfort and convenience is found for the successful treatment of diseases both SURGICAL and MEDICAL. Address, O. V. THAYER, M.D.

## NOT INJURED BY SECESSION.

GRAEFENBURG WATER-CURE ALL RIGHT.—Situated 4 miles from Utica, N. Y. Has, notwithstanding the pretensions of others, been under the management of the present Physician for a longer period than any similar Institution in this country. *For Cures it stands unrivaled.* For particulars, address

R. HOLLAND, M.D., New Graefenburg, N. Y.

## FISH LAKE WATER-CURE.

Terms, \$5 per week. Address W. S. McCUNE, M.D.

## NEW HAVEN WATER-CURE.

For Circulars, address

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## THE LIVING HOME FOR SICK OR

well, and the DELAWARE HOME FOR INSANE, are now in successful operation, and receiving boarders at reasonable rates. The institutions are incorporated by the State, and recommended by all classes of physicians. Boarders can have any kind of treatment, or none, as they prefer. For Circulars address,

DR. J. A. BROWN, Wilmington, Del.

## THE WILMINGTON WATER-CURE

is situated one mile and a half from the city of Wilmington, Delaware. The location is high, healthful, and airy, and the scenery can hardly be surpassed. Send for a Circular, and address,

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## KENOSHA WATER CURE AND

HYGIENIC INSTITUTE, beautifully situated on the lake shore, fifty miles from Chicago and thirty five from Milwaukee. Easy of access by all the Western railroads. Good accommodations for fifty patients. Decidedly the best Cure of the West. Terms, from \$7 to \$12 per week. Address, for Circular,

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MRS. GULLY,

Or E. PENNOYER, Proprietor.

## THE GRANITE STATE WATER-CURE

receives Patients on the same conditions as heretofore. For rapid cure of Chronic Disease, this Cure is unequalled, it is sincerely believed, by any other. Send stamp for Circular.

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ELLEN H. GOODELL, M.D., }

## PITTSBURG WATER-CURE.—No

Cure possesses greater advantages for the sick. Invalids can obtain a Circular and a very fine lithographic view of it by sending to

DR. FREASE, Pittsburg, Pa.

## LIVING SPRINGS WATER-CURE,

near Wernersville, Berks County, Pa., is a first-class Health Institution. Terms low.

A. SMITH, M.D.,

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## WILLOW PARK WATER-CURE

AND HYGIENIC INSTITUTE.—This Institution is situated only a short distance from the beautiful and enterprising town of Westboro', on the Boston and Worcester Railroad. Is easy of access, and can be reached without inconvenience or delay. Is less than an hour's ride from the cities of Boston and Worcester, the town of Milford, and city of Providence, R. I. via railroad.

This "Cure" has been open nearly eight years. Its Physicians have had a large experience in the treatment of Chronic Disease; and we invite the sick, and all who desire a *pleasant home*, in the most beautiful part of New England, to the "Willow Park," pledging ourselves to do them all the good in our power. For Circular, with particulars and engraving of place, address

WM. E. ROGERS, M.D.,

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T. H. TRINE & Co., Proprietors, Westboro, Mass.

## WORCESTER WATER-CURE.

For Circulars, address

S. ROGERS, M.D., Worcester, Mass.

## ROUND HILL WATER-CURE AND HOTEL, NORTHAMPTON, MASS.

Open Summer and Winter.

DR. HALSTED'S success in the cure of woman's diseases and spinal difficulties is well known. Those brought on beds, even, are soon enabled to walk. For the successful treatment of other complaints, and the great favor given the Turkish, Chemical, and other Baths, see Circular, sent gratis.

## CLEVELAND WATER-CURE.

This Institution is now commencing its Fourteenth Season.

With steadily increasing prosperity, it has now treated more than Six Thousand Patients, who have flocked hither from nearly every State in the Union, and the Canadas.

It is now the oldest establishment of the kind in America, and the proprietor intends that its superiority shall be commensurate with its age.

We do not claim that we have already attained *perfection*, but our motto is "Excelior," and every year we see that we can give the sufferer increased facilities for the recovery of health.

Our position is high, commanding a pure and bracing atmosphere with an extensive and charming landscape, and such a profusion of real natural beauty in glen, woodland, and water, that it is apparent art has only fallen in the Female Department. To a rare discrimination she joins remarkable tact in the treatment of disease, and a large experience in public and private practice.

Our great experience and success in the treatment of *Female Diseases* justifies our confidence that they can be treated here with unsurpassed *efficiency* and *rapidity* of cure.

Our new Bath Rooms contain the finest bathing conveniences in America.

Our enlarged and perfected Gymnasium is still under the care and supervision of F. R. DEMING, *Master in Gymnastics*, who will make his department most agreeable and profitable to the patients.

During the past year, we have made several additions and new improvements in our Electrical and Galvanic department, which we find invaluable in the treatment of many forms of chronic disease and removal of tumors which have been considered incurable by the profession.

Patients can reach us from either of the railroad depôts by carriage direct. T. T. SEELYE, M.D., Proprietor.

## GRANVILLE WATER-CURE.

For particulars of this old and popular institution, address SOLOMON FREASE, M.D., or W. W. BANCROFT, M.D., Granville, Licking County, Ohio.

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WINCHESTER, TENN., is beautifully situated, well arranged, and conducted scientifically for the cure of all diseases. Terms, easy. Address B. W. CHILDS, M.D.

## ILLINOIS WATER CURE.—BEAU-

tifully located at Peoria, Ill. Open Winter and Summer. Electro-Chemical Baths used to eliminate mineral drugs and all impurities from the system. DR. M. NEVINS.

## RURAL HOME WATER-CURE AND

HYGIENIC INFIRMARY at WABASH, Indiana.—This new establishment, for the treatment of Chronic Diseases, will be open for the reception of patients July 1st, 1861. Send for a Circular.

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## OCTAGON WATER CURE AND

MANUAL-LABOR INSTITUTE, for beauty of scenery, pure air, soft water, and for strict hygienic diet and treatment, is second to none. For particulars, address,

D. H. MAXSON, M.D.; O. A. W. MAXSON, M.D.

Petersburgh, Rensselaer County, N. Y.



# SEXUAL DISEASES,

AND

THEIR TREATMENT AT OUR HOME, DANSVILLE, LIVINGSTON CO., N. Y., BY METHODS ORIGINATING WITH DR. JAMES C. JACKSON, AND NOT PRACTICED BY OTHER PHYSICIANS, NOR IN ANY OTHER WATER-CURE, HOSPITAL, OR PUBLIC INFIRMARY IN THE WORLD.

## To the Public.

Eleven years ago, in the early part of his practice as a Hygienic Physician, Doctor Jackson made what he at that time thought was, and what wide and ample observation and experiment since have proved to be, a *great discovery* in respect to the *true* method of treating derangements and diseases of the SEXUAL ORGANS.

Proceeding to apply it, but little time elapsed before its success attracted attention, especially on the part of sufferers. Young men afflicted with Spermatorrhea or debility of their reproductive systems, and women laboring under uterine diseases, or "female weakness," sought his confidence, and he soon found it necessary to have the services of a Female physician. Fortunate hour was it for him and for his patients, for the success of his peculiar methods of treating this class of diseases, and for the cause of Health-Reform, that

### Miss Harriet N. Austin, M.D.,

a young medical graduate, became a member of his family and associated with him professionally. For, upon entering upon her labors, she showed such excellent judgment and skill, as speedily to add to the reputation of the CURE, as a place where women laboring under "female diseases" could be restored. When I, a poor debilitated creature, with a very undesirable life showing itself in me, came to them for treatment, and, if possible, for cure, I found them with a larger practice than any other Health Establishment whose Physicians gave no medicines.

When I became a patient, there were over 100 persons—men and women inclusive—then under their care. What I soon saw for myself, these verified by their own testimony—viz., that their method of treating *all* diseases, but especially diseases of the Sexual system, was *essentially different* from that practiced by other Water-Cure Physicians. Up to the period of my placing myself under Dr. Jackson's care, I thought Hydropathic Establishments were, *in the main*, all alike. I soon saw my mistake, and a partial insight of the philosophy of treating the Sick as elaborated in their establishment, set me thinking seriously whether I should not make application to become a student and practice therein taught; but I never saw the sick, no matter what the disease, treated as Dr. Jackson and Dr. Austin treat them. For three years I have been as a Practicing Physician associated with them in treating sick persons at this place, and I can say with truth, that our success has much more than made good any representations of the utility of their method which they made to me, or which they have ever made to the Public.

### 4,000 Young Men,

and more, have been cured of Spermatorrhea under its application, and ~~not~~ not to a single one was a particle of any kind of medicine given, nor was any one of them at any time subjected to any process for recovery that, had it been applied to a person in health, would have injured him in the least. Of how many persons treated by other physicians, think you, can this be said?

More than 3,000 women have been treated for Uterine ailments, and these of every variety of form and stage of process, and not to one ~~was~~ was any medicine given, nor was any mechanical appliance made, such as abdominal supporters, magnetic belts, girdles, rings, tapes, sponges, pessaries, or any like things.

More than 600 of them had submitted to *Cauterization* and as with the men, so with them—over three fourths of them were suffering severely from some of the following complications with their Sexual diseases—Nervous Dyspepsia, Liver Complaint, Congestion of the Brain, Hemorrhage of the Lungs, Bronchitis, Epilepsy, Marasmus, or wasting away of the flesh, Piles, Costiveness, Chills and Fever, Chronic Catarrh, Rheumatism, Weakness in the Back, Difficult Urination, Catarrh of the Bladder, Congestion of the Kidneys, Weak Eyes, Deafness, Insanity, and many other diseases that are produced by or connected with them. Besides our treatment for Sexual diseases, we have treated and are treating the sick for some one or all of the diseases known to our latitude and to our country. Since I have been Examining and House Physician, we have had at no time less than 80 patients, and for the most part 100 to 130, and so up to 150 persons under treatment, and we have treated them for the following diseases successfully:

Scald head, nervous headache, sick headache, "seven-day" headache, neuralgia of the face, deafness, inflammation of the eyes of long standing, *weak eyes*, amaurosis, nasal catarrh of the front and back passages, sore throat, calomet sore mouth, bronchitis, inflammation of the sheath of spinal cord, inflammation of the lungs, stomach, and bowels, liver cough, stomach cough, enlargement of liver, torpor of liver, enlargement of the spleen, enlargement of the heart, palpitation of the heart, consumption of

the lungs in incipient stages, mucous and nervous dyspepsia, spasms of the stomach of long standing, diseases of the abdomen and of the kidneys, sciatica, drunkenness, typhus fever, bilious fever, fever and ague, scarlet fever, measles, whooping-cough, chronic diarrhoea, piles, blind, and bleeding of the worst kind, paralysis of the bladder, of leftside, of lower limbs, of the left side of the face; diabetes, spermatorrhea, orchitis, prolapsus uteri, miscarriage, leucorrhoea, all the diseases of the Reproductive organs, scrofula in all its forms, from that which the child has, to that which the full-chested man or delicate woman has—as for instance, sore throat, sore ears, skin disease, marasmus, ulcers on the arms, neck, legs, and arm-pits, groins, knees, and ankles—apoplexy, epilepsy, catalepsy, congestion of the brain, gout, rheumatism with enlarged joints, acute rheumatism, lumbar abscess, and many other diseases of the worst type and form, and our treatment of them has been marked by the same line of difference from other establishments as has our treatment of Sexual diseases.

### 150 Patients

we are prepared to accommodate in the neatest and best style in the house and in cottage, such as are able to dwell but little remove from it, as many from all parts of the World as choose to visit us. Our Home will be their Home. We have refitted our establishment this spring, enlarging our dining-room so that over 100 persons can eat at once; have just finished a sitting-room, light, airy, cool, and very spacious; and our private rooms for our guests are of the best arrangement possible, from the view we take of what they should be. Our bath-houses are new, and are larger and better fitted up. I venture to say, that no establishment in America. Everything about us is kept tidy and nice, and order, precision, regularity, and exactitude prevail in all our departments. We know we have the best Hygienic Infirmary in the World, and we mean to keep up our reputation. We are admirably located.

Our Home is on a hill-side.

Our scenery exquisitely beautiful.

Our climate mild and bracing, "dripping spring," 300 feet above us, and is pure and soft as dew. We are on the outskirts of one of the most beautiful villages in Southwestern New York, where are 7 Churches and 2 Banks, 2 Newspapers and a Telegraph line, and a flourishing Seminary of learning. Where, too, are stores, and machine shops, and foundries, the hum of whose industry comes up to us on the air, telling us that God made human beings for some other purpose than to be sick. And then almost daily there are coming to us from the far West, or all along East to our farthest boundary, or from the Canadas, or from the Middle States, or from all or nearly all the States of the Sunny-South, invalids borne down with the weight of years of sickness, while at the same time there are going from us those who have thus been sick, and have been cured.

### Visitors,

persons who are not sick, but debilitated, and who desire to learn how to *live* in *thout* sickness, will find Our Home an excellent place in which to spend some time. Tobacco-smokers and smokers, snuff-takers and opium-eaters, drug-takers and drinkers of ardent spirits, and those who eat too highly seasoned food—Clergymen, Doctors, Teachers, Students, Bankers, over-worked Merchants, Poets, Painters, Printers, Editors, Lawyers, and persons who from too close mental application have become—not sick, exactly, but *nervous*—will find Our Home the place for them to recover balance of brain and renewed ability to labor.

### Our Mission.

The plans we have laid out and the objects we have in view are two-fold—1st. To cure the sick, no matter what their diseases, ~~with~~ with *no* medicines.

2. To teach the people how to live so as not to be sick. We do not believe in sickness. We think it wrong to be sick, and we are assured that were the laws of life and health understood and obeyed, health would be the *result*, and sickness the exceptional, condition of mankind. Hence it is quite as much a part of our business to teach our guests how to *keep* well as how to *get* well. We are always glad to see strangers and to show them Our Home that they may know all about us. We have no concealments of our principles, and we make no compromises of them. Nature never compromises, and we follow her. She accommodates, but always on her own terms. As our establishment is unlike any other in America, and from small beginnings has made its way to its present usefulness in spite of great obstacles, we intend that its Future shall prove it worthy of public confidence. We are therefore not only *willing* to, but desirous, that our internal arrangements shall be seen, and the policy on which it is conducted understood. Those, therefore, call-

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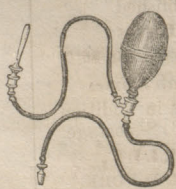
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